

ENGLEWOOD

CITIZEN

FALL 2018 | CITY MAGAZINE & RECREATION GUIDE

A Community that Cares

Giving Back

Where business and
compassion meet

The Results are In

2018 Citizen Survey

Recreation Guide

8TH ANNUAL
DAY OF SERVICE
NEIGHBORHOOD REHAB PROJECT



GOLDEN ENGLEWOOD
ARVADA IDAHO SPRINGS

September 8, 2018

www.beatool.org

Englewood
BLOCK PARTY

9.8.18 3PM-9PM
LIVE MUSIC • BEER
FOOD TRUCKS • FAMILY FUN
3400 S. BROADWAY

 BRECKENRIDGE BREWERY
FINE COLORADO BEERS

Englewood Historic Preservation Society
Preserving Englewood Colorado History

 CITY OF Englewood

englewoodco.gov/block-party



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LINDA OLSON
MAYOR OF
ENGLEWOOD



One of our great American values is volunteerism. The civic health of our communities depends on active participation that leads to improving lives. Englewood is fortunate to have an active citizenry who care and participate to make this a great City. I would like to highlight a few of the exciting opportunities to serve in our community.

This fall, Big Brothers Big Sisters (BBBS) of Colorado will start their Mentor2.0 program at Englewood High School and they will need the help of the community to be successful.

BBBS will match each 10th grader (around 150 students) with a college-educated mentor for four years. The goal of the program is to support each student as they work toward graduation and develop a post-secondary plan.

Mentors will work with students on problem-solving, motivation, time management, career exploration and research on post-secondary educational opportunities. The goal is to help each student understand all of their options and create an ambitious, yet achievable plan to take them into a productive future.

Research has proven that students with a one-on-one mentor are more likely to graduate high school, enroll in college and persist to a second year. To learn more about this great program, or to become a mentor, please contact Lance Holly at LH@BigLittleColorado.org.

Besides mentoring youth, there is a robust set of opportunities for volunteerism through our Englewood Police Departments' Community Relations office. You can serve through routine Graffiti Paint Outs, the Jeremy Bitner Fallen Officer 5K/10K, host a National Night Out, and initiate a Neighborhood Watch program. To learn about ongoing opportunities, contact our EPD Community Relations Specialist, Toni Arnoldy, at tarnoldy@englewoodco.gov and don't miss the fun of serving alongside your neighbors.

Finally, mark your calendar for Sept. 8 and our 2018 Day of Service Neighborhood Rehab Project. Volunteers will serve neighbors who have home rehab needs that can be solved by a few volunteers rolling up their sleeves and lending a hand. Each project has been vetted through an application process and oversight of the project will be in place to make it a productive day of service. To participate, register at www.beatool.org for the Englewood sites. Whether you serve through some of the opportunities mentioned above or in your own way — thank you. Your service does make a difference.

As always, please feel free to contact me with further questions or to share your own stories of volunteerism in our community.

Linda Olson, Mayor
lolson@englewoodco.gov • 303-789-4799

Englewood is fortunate to have
an active citizenry who care and
participate to make this a great City.

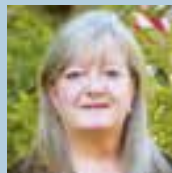
CITY OF Englewood CITY COUNCIL



**Mayor
Linda Olson**
District 2
303-789-4799



**Mayor Pro Tem
Rita Russell**
At Large
303-639-6181



**Laurett
Barrentine**
District 3
303-806-8097
303-883-6495



Dave Cuesta
District 4
720-634-6133



Amy Martinez
At Large
720-238-3959



Othoniel Sierra
District 1
720-551-3301



Cheryl Wink
At Large
720-409-0876

DAVE CUESTA
COUNCIL MEMBER,
DISTRICT 4



On May 28, 2012, Memorial Day, Englewood Police Detective Jeremy Bitner was struck by a drunk driver and killed in the line of duty. Detective Bitner was 39 years old at the time of his death and is survived by a wife and two daughters. He is the only officer in Englewood Police Department's history to be killed in the line of duty.

Officer Bitner joined the EPD in December 2004 and worked as a patrol officer, a SWAT operator, a field training officer and instructor in the Citizen's Academy program. In 2005 and 2006, he earned a commendation for disarming a suspect armed with a handgun. Prior to joining the EPD, Detective Bitner served in the Army, and was deployed to Bosnia as part of the Airborne Infantry Division. He was also a deputy sheriff in the Elbert County Sheriff's Office.

In 2012, the Jeremy Bitner Fallen Officer Fund was established. In 2013, the first Jeremy Bitner 5k/10k Memorial race took place. The 5k/10k race is now an annual event and raises money to assist families of fallen officers in the state of Colorado. Since its inception, the fund has provided immediate financial assistance to the families of 13 fallen Colorado officers. The memorial also donates annually to Concerns of Police Survivors and Judi's House.

Jeremy Bitner is remembered as a loving husband, father, son, brother, and friend to many. He is also a reminder that law enforcement officers and first responders are heroes that risk their lives daily to make their communities safer, and we are all in their debt.

Dave Cuesta, Council Member, District 4
dcuesta@englewoodco.gov • 720-634-6133

CHERYL WINK
COUNCIL MEMBER
AT LARGE



How can stakeholders in Englewood demonstrate care for our community, our state, and our country vis-à-vis the way we use water? By reviewing the multifaceted, fascinating and challenging nature of water use, we advance opportunities for education, advocacy and preservation of this critical resource.

A Few Facts and Figures

- 85 percent of water infrastructure spending occurs at the local level.
- Over 50 percent of residential water is used for outdoor landscaping.
- Water conservation and efficiency is the cheapest source of new supply.
- In a national survey, 77 percent of voters didn't know where their water came from.
- In Colorado, approximately 80 percent of precipitation falls west of the Continental Divide, but 87 Percent of the population lives east of the Continental Divide.

People love Colorado, and our staggering population growth is projected to continue, increasing by an additional three million residents—more than 50 percent of our current population size—by the year 2050. This rate of growth not only impacts our water resources but is compounded by the effects of a changing climate.

What does this mean for Englewood?

As the elected and administrative officials of Englewood prepare to face these growing challenges, we recognize we must be deliberate and thoughtful in our awareness of, and engagement with, the community's water use and planning into the future. As a community, all of us must proactively care for this critical and beautiful resource. By thinking about our individual water use everyday we care for our community and Colorado, now and into the future. How will you help to support a water-secure Englewood?

Cheryl Wink, Council Member At Large
cwink@englewoodco.gov • 720-409-0876

COUNCIL'S CORNER



Englewood is an incredible community comprised of neighbors who care about one another. The spirit of selfless service is part of the DNA of our small urban community and it is one of the top things that I hear about when I am out and about in the community speaking with residents and businesses. With all of the change that is happening in Englewood, this is the one element that people do not want to lose—the sense of community and our small town feel.

This issue of the Englewood Citizen focuses on our community of care. I am very excited to highlight residents, businesses and not-for-profits that work to provide assistance and care to our vulnerable populations and those in need. Inside you will learn about an incredible family dedicated to fostering children and ministering to their neighborhood. You will also have the opportunity to read about CAFE 180 and Share Good Foods, organizations that are both doing great things in Englewood. We have assembled a useful resource guide of churches, nonprofits and other organizations that provide service to those in need that I hope you will share with others.

Our community is great because of the wonderful people who live, work and serve one another here. I want to thank you for doing so and helping to create a community that cares. If you are looking for more ways to serve others in Englewood, please consider signing up for the Be A Tool Day on September 8. Also, don't forget to attend Englewood's Block Party on the same day to celebrate community, check out and support local businesses and make new friends and connections.

Eric A. Keck, *City Manager*
ekeck@englewoodco.gov • 303-762-2310

ENGLEWOOD IS SERIOUS ABOUT SUPPORTING OUR SMALL BUSINESSES



Through our economic development program, the City provides free or low cost training opportunities and consulting for our small business owners to hone their skills as business leaders.

UPCOMING SMALL BUSINESS WORKSHOPS:

Business Plan in a Day:
9/21 from 9:00 AM to 4:00 PM

Cash Flow Fundamentals:
11/6 from 6:00 PM to 8:00 PM

Starting a Retail Food Establishment:
11/15 from 9:00 AM to 12:00 PM

Sales and Marketing Series:
Thursdays, 6:00 PM to 9:00 PM, 9/20 – 10/11

Strategic Planning and Leadership Series:
Thursdays, 6:00 PM to 9:00 PM, 10/25 – 11/15

One-on-One Small Business Consulting:
Free and confidential, offered the third
Thursday of each month

Sign up at: englewoodco.gov/BizTraining



THE JULIA TEMPLE CENTER

How one woman's determination created a new standard of care in Colorado

Julia Temple turned her own diagnosis of tuberculosis into an opportunity to advance treatment and care for others. Her determined spirit lives on in what is today the Julia Temple Center in Englewood, Colorado.

Named for its founder, the center is designed to care for older individuals living with Alzheimer's disease or related dementia, and those in need of skilled rehabilitation to return to community living.

The climate is what first brought Temple to Colorado in the early 1900s, who was bedridden for three years with tuberculosis. She used this time to study nursing and rose gardening.

After recovering and finding work at what is now Swedish Medical Center, she saved \$750 to build her own house, which she used to care for tuberculosis patients, providing them a home in which to rest and recover.

The news of her home spread, and she soon found herself needing to expand. Bedrooms were added around the living room and solarium, creating a sense of community. Temple even had her brother tow a barn across a field to repurpose as an office and kitchen.

As the treatment for tuberculosis improved, Julia turned her attention to another population in desperate need: the elderly, and particularly those suffering from what we now call Alzheimer's disease. Her approach to care was unique, as she offered much more freedom and respect to the residents than what was common practice at the time, treating them with dignity and love.

Julia retired from active nursing in 1958 but continued to reside in the home, visiting with the patients daily and assisting in decorating and planning recreational programs.

The center was officially dedicated and named after her in 1968, and a packet containing the history of her work was sealed into a concrete pillar in the front entrance. It serves as a reminder of what the center stands for and where it came from.

Her philosophy of care lives on in the facility today. It was remodeled in 2012 and continues to serve individuals with Alzheimer's and dementia—a growing population in need of long-term care—with dignity and respect.

*Information provided by Lynn Reichner,
Ida May Nicholl and Jessica LeClaire.*

Englewood Historic Preservation Society
Preserving Englewood Colorado History





Mosaic Church – Holy Cow Food Bank

4101 S. Lincoln St., Englewood, CO, 80113

303-789-4322 • www.ourmosaic.org

The food bank is open the 2nd, 3rd and 4th Thursdays of the month from 9:00 AM – NOON.

Neighborhood Rehabilitation Project

www.beatool.org

Volunteers work to address warm, dry and safe needs within Englewood homes. Sign up to volunteer on Saturday, September 8.



Humane Society of the South Platte Valley



2129 W. Chenango Ave., Littleton, CO 80120

303-703-2938 • www.hsspv.org

Affordable spay/neuter clinics Tuesday through Thursday. Call to schedule an appointment.



Café 180

3315 S. Broadway, Englewood, CO 80113

303-761-4510 • www.cafe180.org

Café 180 provides a 3-month apprenticeship in made-to-order food prep and presentation, baking, cooking and operating procedures. Individuals may also volunteer for one hour to obtain a meal or receive a voucher for one counseling session. See page 11 for more information.

The Sacred Grace

3220 S. Acoma St., Englewood, CO 80110

www.thesacredgrace.com/englewood

Community dinners offered on the last Sunday of the month from 6:00 PM – 7:00 PM.



Energy Efficient Englewood Grant Program

303-762-2347 • www.englewoodco.gov/energy-efficient

Grants available to low and moderate-income homeowners in Englewood.

ENGLEWOOD: A COMMUNITY THAT CARES

Organizations in and around
Englewood serving
individuals in need

Wellspring Church

4300 S. Lincoln St., Englewood, CO 80113

303-789-2878 • www.wellspringenglewood.com

A hot meal, groceries and conversation every Sunday from NOON to 1:00 PM. Volunteers assist people who lack access to healthcare and help connect them to healthcare options.



Colorado Neurological Institute

750 W. Hampden Ave., Ste. 400,
Englewood, CO 80110

www.thecni.org

Nonprofit that provides research, education and patient services for individuals with neurological conditions.



Big Brothers Big Sisters of Colorado

750 W. Hampden Ave., Ste. 450, Englewood, CO 80110

303-433-6002 • www.biglittlecolorado.org

One-on-one mentoring relationships between children facing adversity and adult volunteer mentors. A variety of programs are available to fit individual needs and interests.

HOPE – Helping Our People Excel

3940 S. Broadway, Englewood, CO 80113

303-762-7986 • www.hope-online.org

Nonprofit food pantry for individuals needing assistance with groceries. The pantry is open every Monday and Friday, 11:00 AM to 2:00 PM. Hope's Attic Thrift Store offers household items, adult and children's clothing, fashion jewelry and accessories, toys and home décor. One hundred percent of the proceeds from Hope's Attic benefit the food pantry.



Arapahoe/Douglas Workforce Center

6974 S. Lima St., Centennial, CO 80112

303-636-1160 • www.adworks.org

Services and aid for individuals looking for employment, including specific programs for adults and youth. A/D Works partners with a variety of entities to connect job seekers to services throughout the state.



Founded in Denver in 1918, Big Brothers Big Sisters celebrates 100!

Modeled after the Big Brothers movement of the time in New York, BBBS of Colorado matches “littles” with one-on-one mentors (“bigs”) all over the Front Range. According to CEO Dave Ryan, research proves that having an adult mentor outside of family and school makes a big difference in a child's life. “We have so many stories about the incredible impact a caring adult can have,” he said. Many times, the match doesn't just benefit the littles. Ryan has noticed that most bigs feel the experience of mentoring changes their lives, too.

In October 2016, the BBBS of Colorado headquarters moved from Denver to Englewood for more space at a more affordable price. According to Ryan, employees and families are loving the convenient location and parking that their new headquarters on Hampden offers. No employees left due to the move.

Along with the community matches—a one-on-one mentor match of a little and big—BBBS of Colorado offers the Sports Buddies Program, a six-month commitment to meet one Saturday a month. Unlike community matches where bigs pick the littles up for the day and plan their outing, bigs meet their littles at the Sports Buddies event to watch a game or participate in things like tennis lessons, a Rockies baseball clinic or scavenger hunt.

This fall, BBBSC will start a new one-to-one mentor program at Englewood High School. Mentor2.0 matches every 10th-grade student with a college-educated mentor, with the goal of creating a post-secondary plan. While college is encouraged as an option, many different paths are discussed, including a two or four-year degree, training or certificate program or the military. Mentor2.0 offers the opportunity to serve more teens at risk of not graduating high school or attending college, as this population is typically harder to reach. “Whenever there's a need, this organization has stepped up to find a way to help,” Ryan said.

LIVING AN INTEGRATED LIFE

Nathan and Julie Hoag have created exactly what they set out for—an integrated life in Englewood.

“It’s not uncommon to run into someone from our church while walking down the street,” Julie said. “And it’s just what we wanted.”

Their church, The Sacred Grace, is the church Nathan founded in Englewood in 2016, that focuses on service in and for the neighborhood.

The couple wanted to live in the community where they work, so they looked hard to find a house in Englewood that could accommodate their ever-expanding family—which includes two daughters and two foster kids.

In the past six years, they have fostered 15 children, with an average placement time of four to six months.

Once they learned of the need, the decision to foster came easily.

Colorado needs 1,200 more foster homes in the next two years in order to keep up, Julie said. They realized they could help meet that need.

They balance parenting, work, and service to the community with play—rock climbing, mountain biking, skiing—which at this stage of their lives usually means taking turns while the other stays with the kids.

Their church’s goal is to help the City flourish and for Nathan, that occurs when preservation and progress happen at the same time.

“We don’t want it to become something that it’s not or never was,” he said.

Julie’s hope for their kids is similar to their wish for Englewood.

“I hope my kids learn to be accepting and loving toward all,” she said, “and they have the opportunity to do that here.”



Photo: Allie McRae

BUSINESSES GIVING BACK

CAFE 180

3315 S. Broadway, Englewood, CO 80113

Cafe180.org • 303.761.4510 • info@cafe180.org

CAFE 180 believes everyone deserves a great meal. The menu varies with the season and features homemade soups, salads, grilled pizzas, and hot sandwiches. There are vegetarian and gluten-free options, and the fresh-baked cookies are a crowd favorite.

As a nonprofit restaurant, CAFE 180 aims to address the issue of hunger in Englewood. It operates with a small staff and depends on community volunteers for day-to-day kitchen operations. Every person who walks through the door is treated with dignity and respect, regardless of ability to pay.

To enjoy a meal at CAFE 180, diners have three options:

1. Pay the typical price for a hot, fresh lunch;
2. Pay by volunteering for an hour; or
3. Pay more than the typical price to pay it forward.

You can support the cafe’s efforts to give people a hand up by eating lunch at the cafe, volunteering for a 2½ hour shift, following them on social media or making a donation at cafe180.org.

Open Monday – Saturday, 11:00 AM – 2:00 PM

Closed holidays and holiday weekends, with the exception of a complimentary Thanksgiving feast.



Photo: Todd Dobbs

Share Good Foods

Location: More than 80 retailers throughout Colorado
Sharegoodfoods.com

When Caren and Brad Nixon and Kim and Mike Scheid joined forces to open Share Good Foods in 2010, their mission was to do just that. Since then, they’ve adopted the tagline “Do Good Things,” and they are succeeding at both.

Share Good Foods is a wholesale food company that brings the scratch kitchen and artisan bakery to the grab-and-go market by delivering fresh food daily. Their customers are mostly businesses that revolve around drinks, and Share Good Foods is the perfect partner to add convenient food options to places like coffee shops, bookstores, bike shops, the children’s museum and even a car dealership. They currently partner with nonprofits looking to offer work-force development programs for things like packaging and labeling their food.



Photo: Allie McRae

Many of their customers are social enterprise businesses, also looking to do good things, so they started a quarterly “Do Good Things Dinner,” with the goal of connecting like-minded people. “We don’t have a specific agenda,” Kim said “together we can do more.”

I am grateful Englewood has a small town feel in the city. I love getting the chance to chat with many Englewood residents at various community events.
– Brad Nixon, Nixon's Coffeehouse



I am grateful for Englewood's hidden gems, the quality small businesses that make our town unique: Cake Crafts, Acres, the Mariposa Market, Steakhouse 10 and Undici, Nixon's Coffeehouse, Act II Consignment Outlet, Garibaldi Mexican Bistro, Englewood Grand, just to name a few.
– Suzanne Dirksen



Quite simply, we are grateful for the people of Englewood. A diverse group of young and old who care about one another. There's no other place we'd rather be.
– Carrie Moore, Peace Cellar



What are you grateful for, Englewood?



We are grateful to all our volunteers that dedicate so many hours to help the City. Our residents give their time to serve on boards and commissions, help run our community and police events and serve in the library and Malley Center. Thank you all. We couldn't do it without you!
– The City of Englewood



I am grateful for the opportunity to be an involved grandpa for my six grandchildren. Living in Englewood allows me to walk with them to the Oxford and Englewood light rail stations, walk to our wonderful Englewood Library, walk to Rotolo, Jason and other parks to play, walk to mass at St. Louis parish, walk to the shops on Broadway, participate in Malley happenings and to simply remain grateful that I live in this peaceful community.
– Joseph M. DeMoor



ALLEY TREE TRIMMING: ACCESSIBILITY & BEAUTIFICATION

You likely just received notification from your trash removal company stating, “We will no longer be able to pick up trash in the alley due to the damage to our vehicles caused by the overgrown trees in the alley.” These formal notifications of refusal to enter the alleys are becoming increasingly common.

Unfortunately, the frequency of this type of notification is growing in Englewood, as alley access for larger trucks—like trash trucks—and equipment is hindered by overgrown trees.

This issue doesn’t only impact trash collection, but general maintenance as well. City Public Works staff is responsible for maintaining the 332 sections—approximately 37.4 miles—of gravel roadways within the alleys. The equipment required to repair gravel in the alleyways is about the same size as a trash truck, and City equipment is experiencing damage due to the overgrowth.

Keep Alleys Accessible with Tree Trimming

Before adjacent property owners receive a formal notification (from the trash supplier or the City), we are asking that residents evaluate the alley for overgrowth of trees and bushes next to private property, and if necessary, trim them up. Per City Code, you’re responsible for trimming your trees that grow into the alley.

Improve Visibility to Help Beautification

With these efforts, the alley corridors will have better visibility, reducing many of the other challenges alleys present, including dumping of various large household items – the City’s number one request for service – with an ultimate goal of truly beautifying the alleys of Englewood.

Take Action

Residents have the opportunity to individually or collectively with a group of neighbors adopt an entire alleyway. If interested, please contact the Public Works Department at 303-762-2500. The City may be able to provide some resources to help in these efforts.

The City would like to thank residents in advance for their efforts. If everyone does their part, the entire City benefits.



Overgrown alleys reduce access for Public Works vehicles

Per the City of Englewood Municipal Code, the trimming of trees in the alley is the adjacent property owner’s responsibility:

11-5-5: Property Owner’s Responsibility for Public Right of Way

“It shall be the responsibility at the cost of the owner and agent of any property adjacent to any public sidewalk, street, avenue, highway or alley to maintain, trim, spray, remove, plant, prune and protect all plants located upon such public right of way.”

YOU LIKE IT HERE

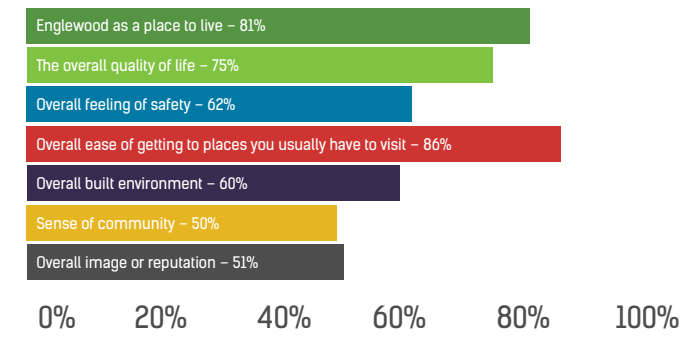
The results of the 2018 National Citizen Survey are in, and it’s clear that residents believe the City is an excellent place to live with a high quality of life and good recreational opportunities.

The survey captures residents’ opinions based on three pillars of a community—community characteristics, governance and participation—and across eight central facets of a community—safety, mobility, natural environment, built environment, economy, recreation and wellness, education and enrichment and community engagement.

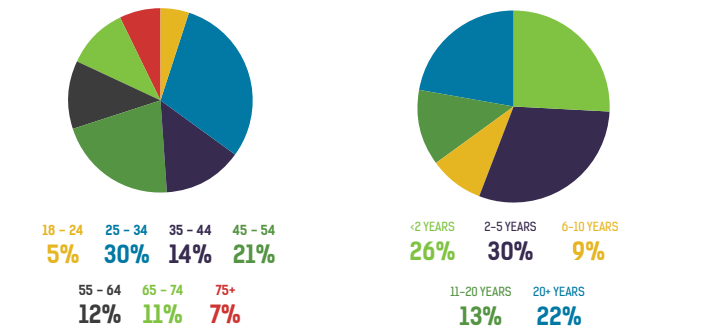
By summarizing resident ratings across the eight facets and three pillars of a livable community, a picture of Englewood’s community livability emerges. Here are the survey highlights, but visit englewoodco.gov/government/2018-citizen-survey to see the entire report online.

Survey Results The Percentage of Positive Responses (Excellent or Good)

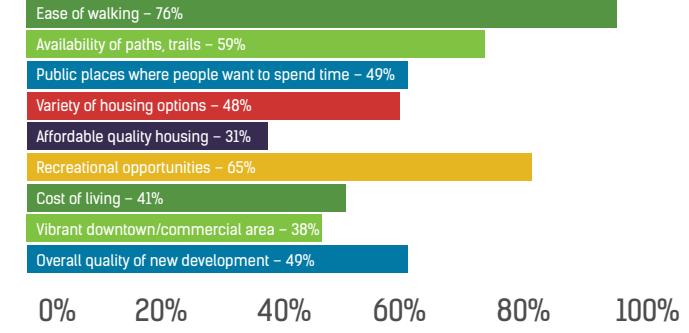
General Community Impression



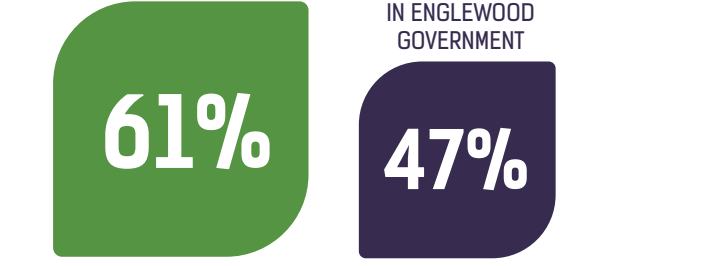
Who’s in Englewood



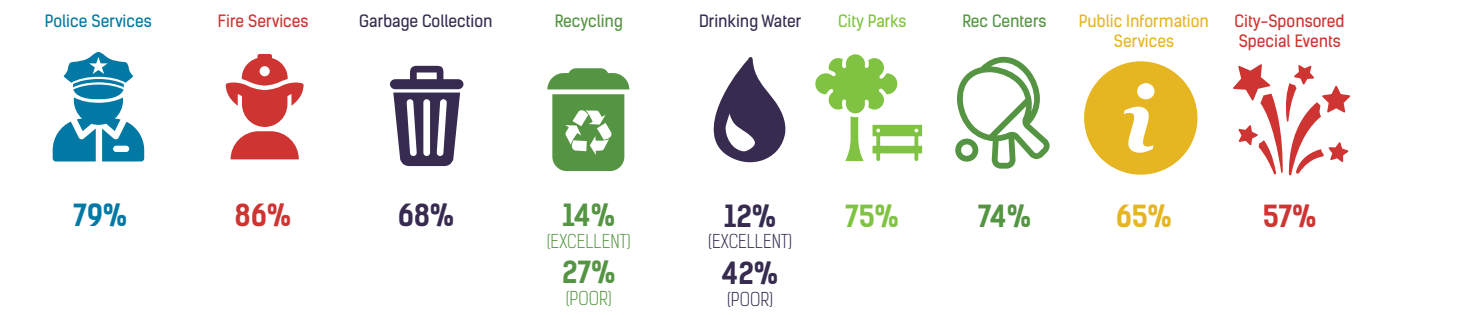
General Community Characteristics



Governmental Performance



Quality of Services in Englewood



Get a loan to repair your sewer and plumbing line

In partnership with the state of Colorado, the Denver Urban Renewal Authority (DURA) Wastewater Repair Loan Program offers 1 – 3 percent interest loans to homeowners in Denver and Arapahoe Counties who need to repair or replace sewer and plumbing lines.

Households earning between 50 and 80 percent of the area median income (AMI) will receive 1 percent interest rates with a five-year pay back term. Residents earning between 81 and 100 percent of AMI will receive 3 percent interest rates with a five-year pay back term. All funds will be paid back to DURA over the five-year loan period.

YOU CAN USE THE LOAN TO:

- Repair/replace deteriorated or faulty private residential sanitary sewer and disposal systems.
- Clear, clean, scope and locate backed-up sewer lines.
- Establish a connection to a metropolitan sewer system to replace a private residential sewage disposal system.

As part of DURA’s commitment to the homeowner, DURA oversees all work being performed by the contractor to make sure repairs are completed quickly, at a competitive price, with the highest quality work and in the best interest of the homeowner.

For more information, visit: renewdenver.org/housing-rehabilitation/waste-water/ or call 303-534-3872.

WIN-WIN FOR MULTIFAMILY BUILDING TENANTS AND PROPERTY OWNERS!

It’s possible and practical to keep tenants’ homes comfortable and their living costs affordable while adding value to multifamily residential properties for owners. This win-win opportunity is provided by Xcel Energy through its Multifamily Buildings Program. Eligible buildings have five or more units and are Xcel Energy electric and/or natural gas customers.



Participating buildings will get a free energy assessment of building energy systems and a report outlining the biggest energy-saving opportunities as well as information on rebates available to support those opportunities. But that’s not all! After the assessment, Xcel Energy will schedule a time to return to the building and install free energy-saving products so tenants and owners can start saving right away. These products include LED lamps, LED exit signs, low-flow shower heads and low-flow faucet aerators in both common spaces and tenant spaces. These products will lower utility bills, including electricity, natural gas, water and sewage.

Tenants, talk with your building owner about this opportunity to save energy. Building owners or property managers, schedule a free energy assessment by calling 855-451-4467, emailing XcelCoMultifamily@franklinenergy.com, or completing the program participation form at xcelenergy.com/multifamily.

OUTDOOR STORAGE DOS AND DON'TS

As you prepare your yard for winter, be aware of City regulations for storing items outside. Property owners and occupants are responsible for complying with these regulations. Do your part to keep Englewood’s curb appeal!

✓ DO

- ✓ Playground equipment
- ✓ Bicycles (and similar non-motorized vehicles)
- ✓ Lawn furniture
- ✓ Trampolines
- ✓ Permanent facilities
- ✓ Household goods during a move (seven-day limit)
- ✓ Construction materials: landscaping (15-day limit), fencing (30-day limit), building (90-day limit)
- ✓ Yard sale goods (48-hour limit)

✗ DON'T

- ✗ Junk
- ✗ Household appliances, furniture, fixtures
- ✗ Camper tops
- ✗ Machinery
- ✗ Salvage or storage operations or facilities
- ✗ Items not being used for intended purpose (broken bikes or machinery, etc.)
- ✗ Building and landscape materials not associated with construction



Visit <http://bit.ly/outdoorstorage> to learn more about Englewood outdoor storage regulations.

Code Questions? Visit englewoodco.qscend.com/311 or text 720-477-4390.

Code Violation Complaint? Call 303-762-2335 or email codeenforcement@englewoodco.gov.

WHY COMPOST?

If you’re like most people in Englewood, 26 percent of the items in your trash bin each week are compostable. Composting is a managed process of decomposition that results in one of the best soil amendments possible. Apartment dwellers can put compostables into a “worm bin” composter or sign up as a member of a community garden where they can compost some materials.

The composting process works well in nature, with a mixture of air, water, microbial life, insects, and “green” and “brown” materials. Greens are high in nitrogen and browns are materials high in carbon. Managing a compost pile requires adjusting the pile to mimic the ideal natural conditions to help the materials break down. Composting creates a wonderful soil amendment, mitigates negative inputs like seed heads and minimizes the creation of greenhouse gases.

Learn More:

Denver Urban Gardens offers composting classes from May to October, with dates and signups online at dug.org/compost. Join a class at the community garden on Dartmouth and Fox Street on Saturday, September 29, from 9:00 to 11:00 AM.

A1 Organics at 2300 W. Radcliff Ave. in Englewood accepts several kinds of yard waste for a moderate charge. They also sell compost and related landscaping products.

Learn more at sustainable-englewood.org.



Photo by <https://www.flickr.com/photos/fragile tender/>
Licensed CC-BY-SA for free use with attribution.

HEY, ENGLEWOOD! Show Us Your Best Side!

City staff selected these great images from local photogs around our community.



Follow the City at [instagram.com/cityofenglewoodcolorado](https://www.instagram.com/cityofenglewoodcolorado)



▲ These three are all smiles at the Englewood Block Party in 2017. Join the fun again September 8 along the 3400 block of South Broadway.



◀ Captain Waffles, the pembroke welsh corgi, and Sergeant Butters, a corgi mix, enjoyed an adventure at Centennial Park. Their legs might be little but their smiles and love for walks are enormous!

Do you have a great photo to share? The rules are simple. Upload a picture experiencing life in the City of Englewood on Instagram with the hashtag #EnglewoodLife and your photo may be featured in a future issue of the magazine.

KEEP ENGLEWOOD BEAUTIFUL

Help Keep Englewood Beautiful With These Fall Events

Household Hazardous Waste and Community Clean Up

Saturday, September 15 & 22
Residents of Englewood can safely dispose of common household hazardous materials at the annual Household Hazardous Waste Round-Up. Visit KEB's website (below) for important changes to this year's fee structure.

KEB Education Series: Composting, Part II

Saturday, September 29
See page 16 for more information.

Leaf and Tire Drop Off

October & November
Bagged leaves and old tires are accepted at these events. Check KEB's website for specific dates.

Holiday Lighting Contest

December
Decorate your home or business to promote neighborhood and civic pride!



For more information about these events, visit www.engagewoodco.gov/our-community/environmental-resources/keep-englewood-beautiful.

Keep Englewood Beautiful (KEB) promotes community participation and environmentally responsible behavior through partnership with citizens, schools, businesses and government agencies.

GREASE TAKE-BACK

NOV 24

9AM-NOON

2900 S. PLATTE RIVER DRIVE

FREE HOT DOGS!

Drop off is **FREE** for Englewood and Littleton Residents Only

SPWATERRENEWALPARTNERS.ORG



The community gathers to celebrate a construction milestone for the new police building

POLICE NEWS

TOPPING OUT CEREMONY

On June 20, Englewood police gathered with the community and Adolfson & Peterson Construction Company to sign the last beam before it went up on the new police building.

The building will be complete in January 2019.

Continue to watch for updates on the construction of Englewood's new police building on Facebook, Instagram or online:

- @CityofEnglewoodCO
- @cityofenglewoodcolorado
- engagewoodco.gov/police-building



A tree atop the last steel beam of a building under construction has symbolic meaning in many cultures and represents good luck for future occupants and a safe job, well done.

Upcoming Events

For additional information or to register, contact Toni Arnoldy at tarnoldy@engagewoodco.gov.

August

Englewood Shred-A-Thon

Saturday, August 4
9:00 – 11:00 AM
Englewood Civic Center
1000 Englewood Pkwy.
Bring up to two file boxes or one large trash bag of shreddable material. All documents will be shredded on-site in a secure, mobile shredding truck.

Coffee With a Cop

Wednesday, August 15
7:30 – 9:00 AM
Starbucks
(Bates and Broadway)



Englewood Cleanup Day

Saturday, August 18
8:00 – 11:30 AM
Meet at the Englewood Police Department – 3615 E. Elati St.
Volunteers will visit public areas to collect litter and cover graffiti.
Registration required.

September

Neighborhood Rehab Project

“Be A Tool” Day of Service
Saturday, September 8
Sign up at beatool.org and visit the ad in the inside front cover of the magazine.

Coffee With a Cop

Thursday, September 13
7:30 – 9:00 AM
Nixon's Coffee House
871 Englewood Pkwy.

October

Coffee With a Cop

Thursday, October 11
7:30 – 9:00 AM
Dunkin' Donuts
2766 S. Broadway

National Prescription Drug Take Back Day

Saturday, October 27
10:00 AM – 2:00 PM
5050 S. Federal Blvd.
Properly dispose of unwanted prescriptions and over the counter medications. Learn more at takebackday.dea.gov.

National Night Out

Tuesday, August 7

Host a block party with your neighbors for National Night Out. Register your party to receive a Host Party Pack and visits from law enforcement and other City officials. Register by July 31 at 5:00 PM. Party packs are available for pick up on August 3 from 11:00 AM – 2:00 PM at 3629 S. Fox St.

GET OUT AND PLAY!



1. Englewood Recreation Center

1155 W. Oxford Ave.
2. Malley Recreation Center

3380 S. Lincoln St.
3. Broken Tee Golf Course

2101 W. Oxford Ave.
4. Englewood Civic Center,
Englewood Public Library,
CityCenter Amphitheater,
Hampden Hall

1000 Englewood Pkwy.
5. Englewood Children's Farm
and Train, Belleview Park,
Pirates Cove Water Park

5001 S. Inca Dr.
6. Cushing Park

700 W. Dartmouth Ave.
7. Centennial Park

4630 S. Decatur St.
8. Jason Park

4299 S. Jason St.
9. Bates/Logan Park

2938 S. Logan St.
10. Baker Park

2200 W. Wesley Ave.
11. Romans Park

1800 E. Floyd Ave.
12. Rotolo Park

4401 S. Huron St.
13. Duncan Park

4880 S. Pennsylvania St.
14. Barde Park

3100 S. Downing St.
15. Miller Field

3600 S. Elati St.
16. Brent Mayne Field

3501 W. Union Ave.
17. Colorado's Finest High
School of Choice

Outdoor Pickleball Courts
300 W. Chenango Ave.
18. Canine Corral

4848 S. Windermere St.
19. Englewood Community Garden

W. Dartmouth and S. Fox St.



USING YOUR PARKS

Park Hours: City parks are open seven days a week from 6:00 AM – 11:00 PM.

Pavilion Reservations: Available April 16 through October 15. Restrooms in parks are open mid-April through mid-October, weather permitting. Reserve a pavilion online.

Park Use Permits: A Park Use Permit is required for groups of 15+ people who will use the park but do not require a shelter. A fee may be required. Commercial use of a park, including individuals or businesses organizing classes or services, requires a Park Use Permit and a fee of \$100. Evidence of additional insurance also required.

Park Permit Limits: No more than four Park Use Permits will be issued to the same group or individual during a calendar year in order to ensure equitable access for everyone.

Special Event Licenses: A Special Event License may be required for events that are open to the public. Additional insurance, fees and vendor licenses may apply.

Dogs In Our Parks: All dogs must be on a leash except as permitted at designated parks. Please pick up after your dog and follow posted guidelines.

Athletic Field Use: Athletic fields must be reserved in advance for any organized play or practice. Call 303-762-2697 for information and availability.

Drug and Alcohol Policy: Alcohol & marijuana use are not allowed in any City park or open spaces.

Visit englewoodrec.org
or call 303-762-2680
for more information.

RECREATION GUIDE

FALL 2018 | ENGLEWOODREC.ORG

Residents can
register starting
**Wednesday,
August 8**

All others can
register starting
**Friday,
August 10**



Photo: Allie McRae



Sunnie Knapp creates a custom wind chime during a creative pottery class at Malley Center

ENGLEWOOD RECREATION CENTER

1155 W. Oxford Ave. • 303-762-2680 • www.inglewoodrec.org
Facility Supervisor: Jeff Jones • jjones@inglewoodco.gov • 303-762-2692
Program Supervisor: Allison Boyd • aboyd@inglewoodco.gov • 303-762-2667

A full-service community facility, the center offers:

- Indoor track: 6.5 laps = 1 mile
- Expanded weight-training rooms
- 25 meter eight-lane swimming pool
- Cardiovascular area
- The Zone! (Functional Training Center)
- Four racquetball/walleyball courts
- Full-size gymnasium
- Numerous other amenities

Activities are for all ages. The facility is open to anyone and offers reasonable rates for daily or extended visit admission.

HOURS OF OPERATION

M – Th: 5:30 AM – 10:00 PM
F: 5:30 AM – 8:00 PM
Sa & Su: 8:00 AM – 5:00 PM

Center Closures

Annual Maintenance:
Monday, 8/27 – Sunday, 9/2
Labor Day: Monday, 9/3
Thanksgiving: Thursday, 11/22

Facility Rentals

The center features a multi-purpose room with attached kitchen, a small classroom, full-size gymnasium, racquetball courts and pool facility for individual and group rentals. For more information, call 303 762-2680.

Center Admission

Admission includes use of available amenities (pool, weight rooms, cardio room, running track and gymnasium).

Type	Youth: 2 – 17 Years • Senior: 55+ Years		Adult: 18 – 54 Years	
	Youth/Senior: Non Res	Youth/Senior: Res	Adult: Non Res	Adult: Res
Daily Admission	\$5.00	\$3.50	\$6.00	\$4.75
25-Visit Punch Card	\$73.00 (CPV \$2.92)	\$58.00 (CPV \$2.32)	\$105.00 (CPV \$4.20)	\$84.00 (CPV \$3.36)
Fitness Drop-In	\$8.00	\$6.00	\$8.00	\$6.00
Yoga Drop-In	\$10.00	\$8.00	\$10.00	\$8.00
12-Visit Fitness Punch Card	\$75.00	\$60.00	\$75.00	\$60.00
12-Visit Yoga Punch Card	\$112.00	\$90.00	\$112.00	\$90.00
Six-Month Pass*	\$192.00 (\$32/mo)	\$126.00 (\$21/mo)	\$216.00 (\$36/mo)	\$173.00 (\$29/mo)
Annual Pass*	\$324.00 (\$27/mo)	\$204.00 (\$17/mo)	\$390.00 (\$32.50/mo)	\$312.00 (\$26/mo)
Racquetball/Walleyball	Courts are reserved by the hour. Reservations are accepted two days in advance.		\$9.00	\$7.25
6 Hours of RB/Walleyball			\$45.00	\$36.00
Household Passes	Call for Pricing; Pricing based on Residency, and number of household members.			
Corporate Rates	Call for Pricing; Pricing based on Residency, and number of visits purchased.			

*Six-Month and Annual passes are eligible for monthly auto-debit program.

Annual pass holders may add a racquetball rider for a fee of \$60 per individual pass holder. A racquetball rider allows the use of one hour of racquetball court play per day. Reservation is required to ensure court time.

Resident ID Cards for \$3

If you're an Englewood resident within the legal city limits, you must obtain a Resident ID card for each member of your family, age five and older who wish to use an Englewood Recreation facility or register for a program and receive the Resident Fee rate. This rate is listed throughout as "resident fee." Without the Resident ID, you'll be required to pay the regular admission or activity fee.

Resident IDs are obtained at an Englewood Recreation facility for \$3 and are valid for three years from date of purchase. In order to obtain a Resident ID, please provide a valid photo ID with current address. If your photo ID does not include your present address please provide one additional document verifying your current Englewood address (vehicle registration, utility bill, phone bill, etc.).

You may also use your Resident ID to receive resident rates at Cornerstone Park's Batting Cages and Colorado Journey Miniature Golf. Parents must have a valid Resident ID to register children under five years of age.

Englewood Business ID Card

Englewood business owners, officers and directors of a corporation located within the legal city limits are eligible to apply for an Englewood Business Resident ID. This ID allows the holder use of recreation facilities and programs at the discounted resident rate. Applications are accepted at the Englewood Recreation Center, 1155 W. Oxford Ave.

Online Registration

If you wish to register online, you will need a Household Account established in our registration program. Please call the Recreation Center at 303-762-2680 during operation hours to assist in account creation.



Fitness Program Eligible SilverSneakers® members (check with guest service staff to verify eligibility) can participate in specialized non-impact SilverSneakers® fitness classes and other activities for free or at a reduced rate. Just look for the SilverSneakers® logo next to class descriptions.

Financial Assistance

Please contact Jeff Jones for more information at 303-762-2692.

Individuals with Disabilities Program

The City of Englewood strives to mainstream individuals with disabilities into its recreation programs. Qualified individuals with disabilities are provided with reasonable accommodation in order to receive equal opportunity of inclusion. Contact Jeff Jones at 303-762-2692.

Lockers

Lockers are day use only. Please bring your own lock.

MOVE, TRAIN, PLAY with TechnoGym.

This state-of-the-art fitness equipment provides an integrated user experience to tone, shape and strengthen. Try out the 35 pieces at the Englewood Recreation Center for you to up your fitness game. Stop by for a tour or free orientation during business hours.



The Zone

Check out the HOIST Fitness Motion Cage, a functional training system like no other with exercise stations that can be custom configured to best suit any workout. With stations that include a squat rack, renegade station, high-low pulleys, heavy bag, monkey bars, traversing walls, rebounder, jump platform, and dozens of attachment points for straps and accessories, the Motion Cage offers limitless opportunities. Get your HIIT workout here.



Englewood has teamed up with TETRO PERFORMANCE to offer a variety of fitness classes for all levels. Check out the classes online at tetropformance.com and read more on page 41.

RESIDENT REGISTRATION BEGINS WEDNESDAY, AUGUST 8. ALL OTHERS CAN REGISTER FRIDAY, AUGUST 10.

HOW TO REGISTER



ONLINE: Submit registrations anytime at www.inglewoodrec.org. Payments must be made with VISA, MasterCard or Discover Card.



DROP OFF: Registrations are accepted at the **Englewood Recreation Center** or **Malley Recreation Center** during regular business hours.



MAIL: Mail your registration form to **Englewood Recreation Center, 1155 W. Oxford Ave., Englewood, CO 80110** or **Malley Recreation Center, 3380 S. Lincoln St., Englewood, CO 80113**



PHONE: Call 303-762-2680 or 303-762-2660 during regular business hours.

Policies & Enrollment

All registrations are processed in the order they are received. At the beginning of each registration period, Englewood Resident ID cardholders are given priority and are able to enroll two days before others. During this period, non-resident registrations are accepted and prioritized by date/time. Once the priority enrollment is concluded, all available activity space is filled by non-resident participants in the order received. After this process, all registrations are handled on a first come, first served basis. All checks are payable to the City of Englewood. Checks are accepted for payment provided they are for the amount of purchase only, local (Colorado), preprinted with customer's name and address, and have a valid Colorado Driver License or Colorado ID card number on them. A \$25 service charge will be assessed on any returned check.

Mail-in Registrations Only: If you would like a receipt please include your email address or enclose a self-addressed, stamped envelope with registration.



MALLEY RECREATION CENTER

FOR AGES 55 AND BETTER • 3380 S. Lincoln St. • 303-762-2660
Facility Supervisor: Jeff Jones jjones@englewoodco.gov 303-762-2692
Program Supervisor: Allison Boyd aboyd@englewoodco.gov 303-762-2667

The Malley Recreation Center and programs promote healthy aging and social activity. Staff strives to offer enriching programs including fitness, outdoor adventures, education, excursions, extended travel, special events, VOA lunch, drop-in activities, arts and crafts and more. Stop in for a tour.

Participation is open to both Englewood residents and non-residents. Englewood residents living within the legal city limits must obtain a resident ID card for each member of your family, to receive the resident fee rate. Resident IDs are available for \$3 and are valid for three years from the date of purchase. See page 22 for more information.

Those over 55 years of age receive priority when registering and adults 18 years and older may register for classes and activities on a space-available basis. The Malley Fitness Center and Computer access are not open to those under age 55.

HOURS OF OPERATION	Center Closures
M – Th: 8:00 AM – 7:00 PM	Labor Day: Monday, 9/3
F: 8:00 AM – 5:00 PM	Thanksgiving: Thursday, 11/22
Sa: 9:00 AM – 1:00 PM	
Su: Closed <small>except for scheduled activities</small>	

Center Admission

Includes use of available facilities (fitness center, game room, computers, bridge, bunco, billiards, lobby access, table tennis, pickleball or drop-in gym)

Daily:

Senior	\$4
Senior Resident	\$2
Adult	\$5
<i>(Only for billiards, pickleball and table tennis)</i>	

Annual:

Senior	\$55
Senior Resident	\$44
SilverSneakers®	\$25
SilverSneakers® Resident	\$20

Fitness Class Drop-In

Daily Fitness Center Drop-In

Drop-in not available for Beginning and Continuing Weight Training, Pilates, balance classes and evening yoga. Day yoga drop-in rates vary. SilverSneakers® members may drop-in to classes with the SilverSneakers® logo for free by swiping their card at the front desk. **Malley Daily Drop-In: \$5.**



Fitness Program Eligible SilverSneakers® members (check with the front counter to see if you are eligible) can participate in specialized non-impact SilverSneakers® fitness classes and other activities for free or at a reduced rate. Just look for the SilverSneakers® logo next to class descriptions.

Volunteers of America (VOA) Nutrition Program

Malley Center and Volunteers of America team up to serve a great lunch Monday through Friday in the Malley Center Ballroom 11:30 AM – 1:00 PM. Reservations are required and must be made by noon two days in advance at the front desk or by calling 303-762-2660. Reservations for Monday and Tuesday must be made by noon on the previous Thursday. Monthly menus are available online at www.englewoodco.gov or at Malley. Suggested donation is \$2.50 for ages 60 or over or a person under 60 who is a spouse of an eligible person. Under 60 is \$8.50. First time visitors must complete a VOA registration form.

M – F **Malley Ballroom**

Visiting Nurse Association

Provides quality, affordable healthcare including foot care, blood pressure checks and monitoring of chronic conditions. Appointment only. Call 303-698-6496.

September 20, October 18, November 15

Americans with Disabilities

We are committed to supporting and complying with the Americans with Disabilities Act. If you require special accommodations, please notify us at least two weeks in advance of the activity.

DROP-IN PICKLEBALL SCHEDULE							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Malley Rec Center							
Beg./Inter.	11:15 AM – 1:30 PM			11:15 AM – 1:30 PM			
Advanced	1:30 – 5:00 PM			2:30 – 5:00 PM		1:30 – 5:00 PM	9:00 AM – 1:00 PM
Englewood Rec Center							
Beg./Inter.	1:00 – 4:00 PM						
Advanced							
CFHSC = Colorado's Finest High School of Choice, 300 W. Chenango Ave. (courts are located along Grand Ave.)							
Beg./Inter.	1:00 – 5:00 PM			1:00 – 5:00 PM		1:00 – 5:00 PM	
Advanced	1:00 – 5:00 PM		8:00 AM – NOON		8:00 AM – NOON		

Courts are first come, first serve and subject to availability

DROP-IN PROGRAMS

Pickleball Drop-In Play

Wednesday play subject to availability. See page 34 for classes. This low impact, active game combines elements of badminton, tennis and table tennis. Players use paddles and a plastic ball using a low net. Easy to learn this quick, fast-paced, competitive game. Equipment is available. Annual or daily pass required.



Table Tennis

The sport can be played single or doubles and is great for beginners. Annual or daily pass required. Location: MRC gym **Tu/Th 12:30 PM – 4:30 PM**

Refund Policy

Unable to attend an activity for which you have registered? If you paid on credit card, we will refund your full dollar amount back on your credit card. If you paid in cash or by check, you can transfer your dollar amount to another class/program or retain a household credit to be used in the future. Please note that transfers/refunds/ household credits pertaining to the Outdoor Adventures or Excursions program areas have different policies.

BYOC Crafters Group

Do you start projects and have difficulty finishing them? If your answer is yes then this group is perfect for you! Bring your supplies and join others who love to craft, too. Large tables and sewing machines are provided. **9/10 – 11/26 M 1:00 – 3:00 PM \$16/\$13 41760611**

Oil Painting

Oil painting is a great and extremely versatile medium. Bring your own supplies and work at your own pace. Have fun while finishing a piece for your home, family or friend. There is no instructor, but members can help each other. Location: MRC-Lookout Mtn. Art Room **9/12 – 11/28 W 1:00 – 3:30 PM \$16/\$13 41761411**

Drop-In Woodcarving

For carvers with some experience. A carving glove and thumb guard are required. There is no instructor, however, fellow carvers are willing to help. Location: MRC-Lookout Mtn. Art Room **9/7 – 11/23 F 9:30 – 11:30 AM \$16/\$13 41762511**
9/5 – 11/21 W 6:00 – 8:00 PM \$16/\$13 41762512

Bunka Embroidery

Bunka embroidery is sometimes called Japanese thread painting and the finished picture frequently resembles an oil painting. There is no instructor, but members can help each other. Location: MRC-Flatirons **9/1 – 11/17 Sa 9:00 AM – NOON \$16/\$13 41751611**

Excursions/ Outdoor Adventure Refunds

For all Excursions or Outdoor Adventures, a refund of the activity fee, less a \$5 cancellation charge, will automatically be given if the cancellation occurs five business days (M – F) prior to the date of the activity, unless indicated. Some activities have early cancellation dates. If cancellation occurs within five working days of the activity, or after the early cancellation date, a refund (minus \$5) will be given only if the space can be filled.

Excursion policies and procedures can be found online and at the Malley Recreation Center.



ADULT DANCE & MUSIC

Program Administrator: Sara Stant • sstant@englewoodco.gov • 303-762-2680

Belly Dancing Basics

Age: 13 yrs and older.

This class teaches belly dance foundation, choreography and improvisational exercises using dance props. No prior dance experience necessary.

Location: ERC-A.A.#2 Instructors: Adina & Aziza of Troupe D'Aliah
9/4 – 10/9 Tu 6:45 – 8:15 PM \$66/\$53 41850111
10/16 – 11/27 Tu 6:45 – 8:15 PM \$66/\$53 41850112

Continuing Belly Dance

Age: 13 yrs and older.

Intermediate and performance-level course. Continued focus on developing technical dance skills, use of props and some performance skills and knowledge of the art of belly dance. Performance opportunities, but not a requirement. Must take basics class first and have approval for this course.

Location: ERC-A.A.#2 Instructors: Adina & Aziza of Troupe D'Aliah
9/6 – 10/11 Th 6:30 – 8:00 PM \$66/\$53 41850211
10/18 – 11/29 Th 6:30 – 8:00 PM \$66/\$53 41850212

Social Ballroom

Age: 55 yrs and older priority, 18 – 54 yrs space available.

Incorporate how to move around the dance floor, proper placement of hands and arms, how to tie steps together and specific footwork. You will practice with Latin and American dance styles. A new dance is taught each month; September: Swing, October: Foxtrot, November: Cha Cha.

Location: MRC- Ballroom Instructor: Lila Horton
9/10 – 11/26 M 3:00 – 4:30 PM \$45/\$38 41860111

Basic Line Dance

Age: 55 yrs and older priority, 18 – 54 yrs space available.

Learn basic universal line dance steps. Your mind and body will benefit from this class. \$5/daily drop-in.

Location: MRC- Ballroom Instructor: Judy Curtis
9/5 – 11/28 W 8:15 – 9:00 AM \$27/\$30 41860312

Beginning Line Dance

Age: 55 yrs and older priority, 18 – 54 yrs space available.

Step up the pace in this beginning class. Learn more steps while perfecting the vine, weave and shuffle. This class is for dancers who have some line dance experience. \$5/daily drop-in.

Location: MRC- Ballroom Instructor: Judy Curtis
9/10 – 11/26 M 5:30 – 6:30 PM \$44/\$35 41860411
9/5 – 11/28 W 9:00 – 10:00 AM \$44/\$35 41860412

Advanced Beginning Line Dance

Age: 55 yrs and older priority, 18 – 54 yrs space available.

This dance level will build on your endurance and memory by using steps already learned in different combinations to faster music thus increasing your cardio and calorie output. \$5/daily drop-in.

Location: MRC- Ballroom Instructor: Judy Curtis
9/5 – 11/28 W 10:15 – 11:15 AM \$44/\$35 41860611

Piano Lessons

Age: 55 yrs and older priority, 18 – 54 yrs space available.

Location: MRC-Eldorado Instructor: Gail Hamilton
ADVANCED PIANO
Classes focus on teaching piano by ear and/or reading music. Students can choose supplemental pieces throughout the course, however, book and music selections will be determined on an individual basis. Students need to have a grasp of music fundamentals outlined in the beginning and intermediate piano classes.

9/7 – 9/28 F 9:00 – 10:00 AM \$33/\$26 41861411
10/5 – 10/26 F 9:00 – 10:00 AM \$33/\$26 41861412
11/2 – 11/30 F 9:00 – 10:00 AM \$33/\$26 41861413

INTERMEDIATE PIANO

Classes focus on integrating and expanding piano playing and fundamentals learned in beginning piano. Students can choose supplemental pieces throughout the course, however, book and music selections will be determined on an individual basis.

9/7 – 9/28 F 10:00 – 11:00 AM \$33/\$26 41861511
10/5 – 10/26 F 10:00 – 11:00 AM \$33/\$26 41861512
11/2 – 11/30 F 10:00 – 11:00 AM \$33/\$26 41861513

BEGINNING PIANO

This class focuses on teaching very basic piano concepts—how to read music, keys on the piano, how to count and how to play simple songs. Students can choose supplemental pieces throughout the course, however, book and music selections will be determined on an individual basis.

9/7 – 9/28 F 11:00 AM – NOON \$33/\$26 41861711
10/5 – 10/26 F 11:00 AM – NOON \$33/\$26 41861712
11/2 – 11/30 F 11:00 AM – NOON \$33/\$26 41861713



ARTS & CRAFTS

Program Administrator: Shelly Fritz-Pelle • sfritz@englewoodco.gov • 303-762-2660

Creative Pottery

Use different methods of hand building and/or sculpting to create 3 pieces of art. Clay and glazes included. Open to all skill levels. Material fee \$15 per 12 lbs. of clay used, payable to instructor.

9/4 – 10/9 Tu 1:00 – 3:00 PM \$72/\$67 41760411
10/16 – 11/20 Tu 1:00 – 3:00 PM \$72/\$67 41760412

Leatherworking

Explore leatherworking including what tools to use. All skill levels welcome and students can expect to end the class with beautiful designs. Material fee of \$50, payable to instructor.

Location: MRC-Lookout Mtn. Art Room Instructor: Michael McGrath
9/25 – 10/30 Tu 10:00 AM – NOON \$72/\$67 41760711

Knitting

Create new projects while learning new stitches and techniques with this knitting class. This class is for all skill levels. Supply list at the first class.

Location: MRC-Lookout Mtn. Art Room Instructor: Megan Gold
9/4 – 9/18 Tu 5:30 – 7:30 PM \$41/\$33 41750511
10/2 – 10/16 Tu 5:30 – 7:30 PM \$41/\$33 41750512
11/6 – 11/20 Tu 5:30 – 7:30 PM \$41/\$33 41750513

Water Media Art

Watercolors and acrylics are taught in this versatile and exciting art class that is full of wonderful surprises. Bring your own paper, paint and brushes.

Location: MRC-Lookout Mtn. Art Room Instructor: Eileen Hoffman
9/5 – 10/10 W 10:00 AM – NOON \$66/\$53 41761611
10/17 – 11/21 W 10:00 AM – NOON \$66/\$53 41761612

Chocolate & Canvas

Age: 10 yrs.+

Participants follow along step-by-step to complete their own beautiful painting. We provide the supplies and walk you through each step of the process. Projects: September – Aspens in the Mountains; October – The Ships by Monet; November – Starry Night by Van Gogh. Material fee \$20 per class, payable to instructor.

Location: MRC-Lookout Mtn. Art Room Instructor: Lannie Pihajilic
9/19 W 6:00 – 8:00 PM \$13/\$10 41750611
10/17 W 6:00 – 8:00 PM \$13/\$10 41750612
11/14 W 6:00 – 8:00 PM \$13/\$10 41750613

Drawing Class

Learn to draw anything you would like in this class with composition, lines, shapes and the secret of lights, darks, blending and shadowing. Bring a 2B or soft lead pencil, colored pencils, erasers, and a sketchbook to class. All skill levels welcome.

Location: MRC-Lookout Mtn. Art Room Instructor: Eileen Hoffman
9/6 – 10/11 Th 9:30 – 11:30 AM \$66/\$53 41760511
10/18 – 11/29* Th 9:30 – 11:30 AM \$66/\$53 41760512
9/6 – 10/11 Th 1:00 – 2:45 PM \$58/\$46 41761011
10/18 – 11/29* Th 1:00 – 2:45 PM \$58/\$46 41761012

*No class 11/22



Encaustics

Make your own greeting cards using an ancient Egyptian art form that involves heating colored wax with a small iron and applying it to a heavy glossy paper. You'll take home 5 different cards and an 8 x 10" picture. Material fee: \$25 payable to the instructor.

9/18 Tu 9:30 AM – 12:30 PM \$15/\$12 41760211
10/27 Sa 9:30 AM – 12:30 PM \$15/\$12 41760212

NEW Acrylic Pour Painting

Painting with a twist; no paint brushes needed! A different technique is taught in each workshop. September – Dirty Pour & Flip Cup; October – Advanced Swiping; November – Vinyl Record Clock. Material fee: \$30 per class payable to instructor.

9/22 Sa 10:00 AM – NOON \$13/\$10 41761311
10/20 Sa 10:00 AM – NOON \$13/\$10 41761312
11/17 Sa 10:00 AM – NOON \$13/\$10 41761313

Great Holiday Gift Idea

Lotion Making

Learn how to make a customized lotion free of harsh chemicals and preservatives that you can take home with you. We will cover the basic supplies needed, discuss different oils, butters, natural preservatives, and nourishing ingredients like aloe vera and rose water. Material fee: \$5 payable to instructor.

12/1 Sa 9:30 AM – 12:30 PM \$15/\$12 41450711

COMPUTER / TECH CLASSES

Computer Classes: 303-762-2555 • Personal Tech Training: 303-762-2660

PLEASE NOTE: Computer classes take place in the Englewood Public Library. Registration is required. All computer classes in the library are free of charge. For fee-based, one-on-one computer training, please see Personal Computer Training.

Excel: Conditional Formatting

Taken our basics class? It's time to move on and expand your Excel knowledge. Learn about conditional formatting, freezing rows, and using tables. Basic Excel skills required. Registration required.

9/1 Sa 10:30 AM – NOON LIBRARY TECH LAB

Video Chat with Skype: The Basics

Skype is a free internet voice and video call service. Learn how to use Skype to make video calls from your computer or mobile device. Email address required. Registration required.

9/19 W 6:30 – 8:00 PM LIBRARY TECH LAB

Google Calendars: An Introduction

Learn how to use Google's online calendar for effective time management, sharing event information, invites, notifications and more. Must have email address to attend this class. Registration required.

10/6 Sa 10:30 AM – NOON LIBRARY TECH LAB

Excel: The Basics

Excel spreadsheets allow you to easily store, organize and manipulate data. In this class, you will learn the basics of Excel (inserting text, basic functions, AutoSum, AutoFill, and more) by creating a basic budget spreadsheet and making Excel do all the math for you. Registration required.

10/17 W 6:30 – 8:00 PM LIBRARY TECH LAB

Excel: Formulas & Functions

Learn how to make Excel do the work for you by using commonly accessed formulas and functions. Basic Excel skills required. Registration required.

11/3 Sa 10:30 AM – NOON LIBRARY TECH LAB

MS Word: Resumes

Whether you already have a resume or need to start from scratch, learn how to use Microsoft Word to create a professional looking resume using basic and advanced formatting tools. Basic Word skills required. Registration required.

11/21 W 6:30 – 8:00 PM LIBRARY TECH LAB

Coding: The Basics I & II

Interested in learning about coding? Please see page 50 for details on beginning coding classes at the library.

Open Tech Labs

Get help with job applications, resumes, Microsoft Office, eBooks and more.

Th: 4:30 – 6:30 PM

F: 2:30 – 4:30 PM

Sa: 2:30 – 4:30 PM

Su: 10:30 AM – 12:30 PM

Personal Tech Training at Malley

Need extra help with a tech challenge? We offer personalized help with email, photos, Excel, using your smartphone, or other computer-related programs. Call 303-762-2660 to make an appointment.

Location: Malley Center.

Each session is 60 minutes.

Private			
Fee	1 Session	\$44	FMCOMNR1
	3 Sessions	\$120	FMCOMNR3
Res. Fee	1 Session	\$40	FMCOMRE1
	3 Sessions	\$112	FMCOMRE3
Semi-Private (2-3 people)			
Fee	1 Session	\$58	FMCOSNR1
	3 Sessions	\$148	FMCOSNR3
Res. Fee	1 Session	\$50	FMCOSRE1
	3 Sessions	\$130	FMCOSRE3



BROKEN TEE GOLF COURSE

Broken Tee Golf Course • 303-762-2670 • 2101 W. Oxford Ave. • www.brokentee golf.com

Englewood Parks and Recreation presents one of the finest public golf facilities in the Rocky Mountain Region: Broken Tee Golf Course.

This golf complex offers:

- Championship 18-hole course with Dye design front 9
- Par 3 course with multiple tee boxes—a challenge for the serious golfer or simple fun for the entire family
- Large driving range and one of the best practice areas in Metro Denver
- Offering FootGolf on the par 3 course

In the 2017 *Colorado Avid Golfer* “Best of Colorado” magazine, Broken Tee was named Best Course for Families (staff pick), Best Practice Facility (staff pick) and Best Course for Seniors (staff pick).

Advance Tee Times:

Call 303-762-2670 after 2:00 PM or book your tee times online.

Residents: Book seven days in advance.

Non-residents: Book 6 days in advance.

Visit the website for current pricing of green fees, carts and driving range ball buckets.



THANKS TO OUR SPONSORS!

CELEBRATE GOLF

Sincerely, Broken Tee Golf Course

www.brokentee golf.com












ACTIVE KIDS

Program Administrator: Sara Stant • sstant@englewoodco.gov • 303-762-2694

Toddler and Me Dance

Ages: 2 – 3 yrs
Toddler & Me dance classes are for children ages 2 to 3 years. Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive atmosphere. This class also includes mom, dad or another loved one who participates with the little dancer. Our teachers will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track. This program is not included in the recital.
Location: Englewood Rec Center-A.A.#1

PeeWee Dance

Ages: 2½ – 5 yrs
PeeWee dance classes are focused on dance techniques, safety, fun, movement, coordination, and self-esteem. Dancers develop the basics of tap, jazz and ballet steps while learning how to follow directions and work with others. Classes focus on dance fundamentals and technique building up to the spring and fall seasons, which include a recital. Parents of children who may require help changing their shoes are asked to remain outside of the classroom to assist with a mid-class shoe change.

Recital season classes require a costume rental fee, which is usually \$15 for three costumes. This fee is in addition to the class participation fee.
Location: Englewood Rec Center-A.A.#1

Youth Dance

Ages: 6 – 9+ yrs
Youth dance classes are designed to help make your child become a well-rounded dancer in several different styles of dance including tap, jazz, hip-hop and ballet in a fun an energetic class. Classes focus on dance fundamentals and technique which build up to the spring and fall seasons and include a recital. Beginner classes are designed to teach the basic fundamentals and technique.

Recital season classes require a costume rental fee, which is usually \$15 for three costumes. This fee is in addition to the class participation fee.
Location: Englewood Rec Center-A.A.#1

Toddler & Me Tumbling

Ages: 18 – 36 months
Does your tot need a place to explore, play and let out some energy in a fun and safe environment? Register for this class that teaches you and your child simple tumbling skills, all while meeting new friends.
Location: Englewood Rec Center-A.A. #2

Tumbling Tykes

Ages: 3 – 4 yrs
This interactive class will enhance young tumblers’ balance and strength and will help them learn beginning tumbling skills. While this class is designed for children to take independently, parents are asked to remain in the building.
Location: Englewood Rec Center-A.A. #2

Gymnast Jubilee

Ages: 5 – 6 yrs
This class will help them take your child’s tumbling to the next level. Kids will learn rolls, cartwheels and balance all while having a blast and meeting new friends. This class is designed for children to take independently, but parents are asked to remain in the building.
Location: Englewood Rec Center-A.A. #2

YOUTH ENRICHMENT Kids at Play

Ages: 4 – 5 yrs
Come and explore arts, crafts, science, creative movement and games in this fun and enriching class. Social and emotional growth are sure to flourish in this relaxed, playful atmosphere. The activities also help to develop the imagination and the ability to focus just in time for kindergarten. This class is designed for the child to take independently.
Location: Englewood Rec Center-A.A.#1

THEME: THINGS THAT FLY				
9/6 – 9/27	Th	9:15 – 10:00 AM	\$48/\$40	41420401
THEME: HALLOWEEN SCIENCE				
10/4 – 10/25	Th	9:15 – 10:00 AM	\$48/\$40	41420402
THEME: KITCHEN CHEMISTRY				
11/1 – 11/29*	Th	9:15 – 10:00 AM	\$48/\$40	41420401

*no class 11/23



Check out page 35 for
PeeWee Sports Classes!

YOUTH DANCE ACTIVE YOUTH CLASSES – FALL 2018

Class	Activity #	Age Group	Dates	Days	Time	Location	Fee	Res Fee
Toddler & Me Dance	41820001	2 – 3 yrs	9/15 – 10/6	Sa	9:00 – 9:30 AM	ERC-AA1	\$22	\$18
	41820002	2 – 3 yrs	10/13 – 11/10	Sa	9:00 – 9:30 AM	ERC-AA1	\$22	\$18
PeeWee Dance Recital 12/2	41820101	2½ – 3 yrs	9/12 – 11/28	W	4:00 – 4:30 PM	ERC-AA1	\$37	\$30
	41820102	3 – 5 yrs	9/12 – 11/28	W	4:30 – 5:15 PM	ERC-AA1	\$57	\$45
	41820103	3 – 5 yrs	9/15 – 12/1	Sa	9:30 – 10:15 AM	ERC-AA1	\$57	\$45
	41820104	3 – 5 yrs	9/15 – 12/1	Sa	10:15 – 11:00 AM	ERC-AA1	\$57	\$45
	41820105	2.5 – 3 yrs	9/15 – 12/1	Sa	11:15 – 11:45 AM	ERC-AA1	\$37	\$30
Youth Dance Recital 12/2	41820201	6 – 8 yrs	9/12 – 11/28	W	5:15 – 6:15 PM	ERC-AA1	\$75	\$60
	41820202	9 – 10 yrs	9/12 – 11/28	W	6:15 – 7:15 PM	ERC-AA1	\$75	\$60
	41820203	6 – 8 yrs	9/15 – 12/1	Sa	11:45 AM – 12:45 PM	ERC-AA1	\$75	\$60
	41820204	9 – 10 yrs	9/15 – 12/1	Sa	12:45 – 1:45 PM	ERC-AA1	\$75	\$60
Toddler & Me Tumbling	42310111	18 – 36 mos	9/9 – 10/14	Sa	8:30 – 9:00 AM	ERC	\$22	\$18
	42310112	18 – 36 mos	9/9 – 10/14	Sa	9:00 – 9:30 AM	ERC	\$22	\$18
	42310113	18 – 36 mos	10/21 – 11/25	Sa	8:30 – 9:00 AM	ERC	\$22	\$18
	42310114	18 – 36 mos	10/21 – 11/25	Sa	9:00 – 9:30 AM	ERC	\$22	\$18
Tumbling Tykes	42320211	3 – 4 yrs	9/9 – 10/14	Sa	9:30 – 10:15 AM	ERC	\$27	\$21
	42320212	3 – 4 yrs	10/21 – 11/25	Sa	9:30 – 10:15 AM	ERC	\$27	\$21
Gymnast Jubilee	42320311	5 – 6 yrs	9/9 – 10/14	Sa	10:15 – 11:00 AM	ERC	\$33	\$26
	42320312	5 – 6 yrs	10/21 – 11/25	Sa	10:15 – 11:00 AM	ERC	\$33	\$26

PeeWee Playtime

Ages: 2 – 3 yrs
Do you have a little one ready for fun? Come and explore arts, crafts, science, creative movement and games in this fun and enriching class. Surrounded by other little ones, social and emotional growth is sure to flourish in this relaxed, playful atmosphere. The repetition of activities and songs assists participation, language development and memory and improves coordination and timing. Children will learn to express their feelings productively. The activities also help to develop the imagination. This class is designed for the child to take independently.
Location: Englewood Rec Center-A.A.#1

THEME: THINGS THAT FLY				
9/6 – 9/27	Th	10:15 – 11:00 AM	\$48/\$40	41420401
THEME: HALLOWEEN SCIENCE				
10/4 – 10/25	Th	10:15 – 11:00 AM	\$48/\$40	41420402
THEME: KITCHEN CHEMISTRY				
11/1 – 11/29*	Th	10:15 – 11:00 AM	\$48/\$40	41420401

*no class 11/23

Theatre 360

Ages: 8 – 14 yrs
Come full circle and explore the wonderful world of theatre. Acting, improv, makeup and masks will be touched upon in this intro class. Content is based on the input and interests from participants.
Location: Englewood Rec Center-A.A.#1

9/6 – 10/11	Th	4:15 – 5:30 PM	\$48/\$40	41931501
10/18 – 11/29	Th	4:15 – 5:30 PM	\$48/\$40	41931502



Englewood Recreation Center Drop-In Child Care

Conveniently located on-site at the Englewood Recreation Center, the drop-in child care is a fun environment for children 6 months to 8 years to enjoy while parents/guardians utilize the Recreation Center.

Hours:
M – Th: 4:00 – 8:00 PM
Sa: 8:00 AM – 1:00 PM
Weekday morning hours coming soon.

Fees:
\$6 for up to 2 hours of care.
Discounted rate of \$5 for up to 2 hours for residents.



ENRICHMENT & EDUCATION

Program Administrator: Shelly Fritz-Pelle • sfritz@englewoodco.gov • 303-762-2660

Español for Beginners

Que paso! In this introductory Spanish class, you will learn phrases and vocabulary. Practice pronunciation and have simple conversations with your classmates. Printed learning materials are provided.

Location: MRC-Eldorado Instructor: Rissa Dickey

9/4 – 10/9	Tu	9:00 – 10:00 AM	\$41/\$33	41465411
10/16 – 11/20	Tu	9:00 – 10:00 AM	\$41/\$33	41465412

Spanish, the Next Level

This next-level class includes expanding your vocabulary with dialogue or conversation. We will review and work on the most commonly used verbs. As always, we will keep it fun, interactive and simple. Printed learning materials are provided.

Location: MRC-Eldorado Instructor: Rissa Dickey

9/4 – 10/9	Tu	10:00 – 11:15 AM	\$52/\$41	41465511
10/16 – 11/20	Tu	10:00 – 11:15 AM	\$52/\$41	41465512

Spanish III

Bienvenidos! Continue to sharpen your Spanish speaking skills. This interactive class builds further on what you have learned. You will focus on more complex forms of conversation, using proper grammar, pronunciation, and a variety of new vocabulary. A background in Spanish is recommended.

Location: MRC-Flatirons Instructor: Jean Kunkel

9/17 – 11/26	M	8:30 – 10:30 AM	\$61/\$49	41465611
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Continuing Bridge Lessons

Take your bridge playing to the next level. This class is designed for those who have been learning the game for a while and want a new challenge. Class includes instruction on play and defense, bidding skills, some lecture and supervised playing.

Location: MRC-Longs Peak Instructor: Jim Buck

9/5 – 10/10	W	10:00 AM – NOON	\$57/\$46	41465011
10/17 – 11/21	W	10:00 AM – NOON	\$57/\$46	41465012

Active Minds

Participate in this mind-stimulating program that delves into a current topic of interest in the world. Deepen your understanding and engage in thoughtful discussion of how the events have changed the world. You are guaranteed to leave with eye-opening insights and understanding. Active Minds is a Denver-based organization that provides instructor-led educational seminars for seniors. Monthly topics are announced at the beginning of each month and determined upon what is happening in the world. Please sign up at the front desk.

Location: MRC-Peak Instructor: Active Minds Instructor

9/28, 10/26, 11/16	F	10:00 – 11:00 AM	FREE	
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“Water Bath” Canning

Canning is not just something your grandmother used to do—it’s a useful, fun skill. So come learn the art of canning fruit and veggies with us! We will discuss the difference in acid and low acid food and the best method to preserve them, as well as how to preserve fresh fruits and veggies to enjoy throughout the year with no preservatives. Great for those who have food allergies or have a sensitivity to processed food. This course will teach you the basics of canning peaches, the equipment needed, how to prepare the fruit, and other tips. You will take home a jar of fresh preserves. Jams and jellies make wonderful homemade gifts! Material fee: \$10 payable to instructor.

9/15	Sa	9:30 AM – 12:30 PM	\$15/\$12	41450511
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Writing Your Own Will

In a single sitting, you’ll be able to complete a simple will. You will also complete a living will, medical power of attorney and financial power of attorney all with the help of a licensed attorney. Fee Includes all material, witnessing, notarizing and individual review ad time for questions. Bring your ID and a snack. Material fee: \$100 payable to Rebecca Benneti at the workshop.

9/13	Th	1:00 – 4:30 PM	\$15/\$12	41460411
10/25	Th	1:00 – 4:30 PM	\$15/\$12	41460412
11/15	Th	1:00 – 4:30 PM	\$15/\$12	41460413

FREE PROGRAMS!

REGISTRATION IS REQUIRED

Hospice 101

Hospice is not a place but a philosophy of care. This discussion will be geared towards learning about what hospice is, debunking the myths and answering those questions that you were afraid to ask. Presented by Brookdale Hospice.

9/10	M	10:00 – 11:00 AM	FREE	41461211
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Wills, Trusts & Power of Attorney

Planning for disability and death can give you peace of mind, reduce burdens for your loved ones, and help you leave a legacy instead of a mess. Learn about some of the tools available to you, including powers of attorney, advance medical directives, wills and trusts. We’ll also touch on the probate process and long-term care considerations.

Location: MRC-Eldorado

Instructor: Ryan Scott, Glatstein & O’Brein LLP

9/12	W	10:30 AM – NOON	FREE	41460611
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Medicare 101

Making a decision about healthcare can be difficult. Attend this presentation and learn all your plan options and review the A, B, C and Ds of Medicare. Allen will share important dates to remember and how to save money on prescriptions.

Location: MRC-Longs Peak

Instructor: Allen McGirl, McGirl Insurance

9/13	Th	1:30 – 3:30 PM	FREE	41460211
10/11	Th	6:00 – 8:00 PM	FREE	41460212
11/8	Th	1:30 – 3:30 PM	FREE	41460213

Communicating with Adult Children

Are you prepared for the next evolution in your relationship with your adult children? Relationships evolve and change just like people, and navigating those changes aren’t always easy. Complex family dynamics, blended families, and changing social norms impact both the choices we make and how we communicate them. Join us for a poignant and candid conversation concerning communicating with adult children as you age.

Instructor: Kim Evans, Senior Real Estate Specialist

9/18	Tu	6:00 – 8:00 PM	FREE	41460311
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The Probate Process

What do you do when someone passes away? Do you need to open probate? If you are the personal representative or executor of the estate, what will be expected of you? What should you know if you are a beneficiary? We’ll answer these questions and talk about some of the tools available to you to avoid probate of your estate.

Location: MRC-Eldorado

Instructor: Ryan Scott; Ryan Scott, Glatstein & O’Brein LLP

10/10	W	10:30 AM – NOON	FREE	41460711
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Truth about Living, Dying and Legacy

As far as we know, no one secretly wishes they could spend their last breaths in a cold, noisy, impersonal hospital room. Most people say that given the option, they prefer to die at home amongst family and close friends. Despite this wish, however, few take time to plan or organize this major life event. Make the commitment to bring a loved one or friend and attend this 90-minute panel event featuring expert panelists who will share the most important things you need to know about living, dying and leaving a legacy on your terms. This could quite possibly be one of the most important seminars of the year.

Instructor: Kim Evans, Senior Real Estate Specialist

10/16	Tu	1:00 – 3:00 PM	FREE	41460911
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Long-Term Care

How are you going to pay for long-term care? Given the rising costs of long-term care, what can you do to preserve your estate and protect your assets? Come learn about care options and common ways to pay for care. We’ll discuss the types of long-term care Insurance available, key elements to consider in evaluating policies and talk about how and when Medicaid can be part of your planning.

Location: MRC-Longs Peak

Instructor: Ryan Scott; Glatstein & O’Brein LLP

11/14	W	10:30 AM – NOON	FREE	41460811
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ADULT ATHLETICS

Looking to join a team or need a few more players to complete your team? Contact Lindsay about the Free Agent List! To register your team, please contact Lpeterson@englewoodco.gov or 303-762-2697. More information is available at teamsideline.com/englewoodrec.

Adult Fall Volleyball Leagues

Ages 16+
Coed, Men's and Women's leagues available. 10 weeks plus single elimination tournament. Leagues start the week of September 10. Deadline to register is August 31 or until leagues are full.

STARTS THE WEEK OF 9/10 **M – Th** **10 WEEKS + TOURNAMENT** **\$325/\$305** **42350011**

Men's Adult Fall Basketball Leagues

Ages 18+
Sunday Men's Rec, Sunday Men's Comp, Monday Men's Open. 8 games plus single elimination tournament. Leagues start the week of October 7. Deadline to register is September 28 or before leagues are full.

STARTS THE WEEK OF 10/7 **Su & M** **8 GAMES + TOURNAMENT** **\$440/\$405** **42352011**

RACQUET SPORTS

Class	Activity #	Age Group	Dates	Days	Time	Location	Fee	Res Fee	Reg Deadline
Youth Tennis Lessons	42356011	6 – 15 yrs	9/4 – 9/27	Tu & Th	5:00 – 6:00 PM	Bellevue	\$38	\$30	8/31
Adult Tennis Lessons	42356012	16+	9/4 – 9/27	Tu & Th	6:00 – 7:00 PM	Bellevue	\$38	\$30	9/1

Pickleball 101

Looking to learn how to play the fastest growing sport in America? Pickleball 101 is your opportunity to learn the ins and outs of pickleball. Contact Lindsay at Lpeterson@englewoodco.gov or 303-762-2697 for more information about Pickleball.

PICKLEBALL CLASSES

Class	Activity #	Ages	Date	Day	Time	Location	Fee	Res Fee	Reg Deadline
Pickleball 101	42358011	50+	9/7	Sa	6:00 – 8:00 PM	CFHSC*	\$5	\$3	9/5
	42358012	50+	10/13	Sa	9:00 – 11:00 AM	CFHSC*	\$5	\$3	10/10

DROP-IN PICKLEBALL SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Malley Rec Center							
Beg./Inter.	11:15 AM – 1:30 PM			11:15 AM – 1:30 PM			
Advanced	1:30 – 5:00 PM			2:30 – 5:00 PM		1:30 – 5:00 PM	9:00 AM – 1:00 PM
Englewood Rec Center							
Beg./Inter.	1:00 – 4:00 PM						
Advanced							
CFHSC*							
Beg./Inter.	1:00 – 5:00 PM		1:00 – 5:00 PM		1:00 – 5:00 PM		
Advanced	1:00 – 5:00 PM		8:00 AM – NOON		8:00 AM – NOON		

Courts are first come, first serve and subject to availability.
*CFHSC = Colorado's Finest High School of Choice, 300 W. Chenango Ave. (courts are located along Grand Ave.)



YOUTH ATHLETICS

Contact Lindsay at 303-762-2697 or Lpeterson@englewoodco.gov for more information.



PIRATE YOUTH SPORTS

Building community, tradition and excellence! Our vision is to develop the community of Englewood and its youth through high-quality youth sports programs.
BASEBALL • BASKETBALL • CHEERLEADING • FOOTBALL • LACROSSE • SOFTBALL • VOLLEYBALL • WRESTLING
Register for all summer youth sports at pirateyouthsports.com
Contact us at president@pirateyouthsports.com or 303-907-3667

Englewood Soccer Association

Register online at Englewoodsoccer.org. Games are every Saturday at various parks throughout the Denver Metro Area. Games will begin in September. Practices are usually two nights a week depending on coach and team. Practices are held at various parks throughout Englewood. If you have any questions please contact us at 303-669-0402 or englewoodsoccer@live.com.



Peewee Athletics Classes

FREE sports equipment included with the class! In these four week long sessions, you and your child will learn basic skills of the sport along with teamwork and sportsmanship. Parents can play an active role in the class. Wear comfortable clothes, closed-toed shoes, sunscreen and bring water. Be ready for a lot of fun!

PEEWEE ATHLETICS CLASSES

Class	Activity #	Ages	Dates	Days	Time	Location	Fee	Res Fee	Reg Deadline
Little Kickers Soccer	42331111	3 – 5 yrs	9/8 – 9/29	Sa	9:15 – 10:00 AM	JASON PARK	\$50	\$40	9/5
	42331112	3 – 5 yrs	10/6 – 10/27	Sa	10:15 – 11:00 AM	JASON PARK	\$50	\$40	10/3
Little Sluggers T-Ball	42331411	3 – 5 yrs	9/8 – 9/29	Sa	10:15 – 11:00 AM	JASON PARK	\$50	\$40	9/5
Sport Sampler*	42331211	3 – 5 yrs	10/6 – 10/27	Sa	9:15 – 10:00 AM	JASON PARK	\$50	\$40	10/3
	42331213	3 – 5 yrs	11/10 – 12/8†	Sa	10:15 – 11:00 AM	ERC	\$50	\$40	11/7
Little Hoopsters Basketball	42331011	3 – 5 yrs	11/10 – 12/8†	Sa	9:15 – 10:00 AM	ERC	\$50	\$40	11/7

* Kids will learn a different sport each week including soccer, t-ball, flag football and basketball.
† No class on 11/24

To register for the Peewee Athletic Classes and Racquet Sports, go to englewoodco.gov/register and click the Athletics box. Contact Lindsay at Lpeterson@englewoodco.gov or 303-762-2697 for more information about the Peewee Athletic Classes or Racquet Sports.

See page 30 for Active Kids Classes!



AQUATICS

Program Administrator: Kathy Wallace • kwallace@englewoodco.gov • 303-762-2679
Facility Supervisor: Brad Anderson • banderson@englewoodco.gov • 303-762-2659
Aquatics Coordinator: Travis Toler • ttoler@englewoodco.gov • 303-783-6974

Hours

M – Th: 5:30 AM – 9:30 PM
F: 5:30 AM – 7:45 PM
Sa/Su: 8:00 AM – 4:30 PM

Pool Safety Guidelines

Children under 8 years old must be directly supervised by an adult in the pool area. Adults must provide in-water supervision of children unable to pass the swim test.

**Supervise your children. No diving.
No breath holding, please.**

The Swim Test

Children under 8 years old must be able to swim 10 meters by themselves to go down the big slide or to be out of reach of an adult.

Pool Features

- 8 lanes, 25 meters
- Body slide (must pass a swim test)
- 2 – 3 ft. shallow children’s area with easy access stairs
- Small slides
- Family changing rooms
- Dry Sauna 180 – 200°
- ADA accessible
- Pool temp 86° year-round

Rec Swim

Gather the troops and head on down for an afternoon of fun. Toss the ball, dive for rings, or take a ride down the slides. Rec Swim is not available Saturday mornings.

Lap Swim

One to two lanes are available most days and times. Two swimmers, split the lane. Three or more, circle swim.



POOL SCHEDULE							
CLASS	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters			5:30 – 7:00 AM		5:30 – 7:00 AM		
Lap Swim (3 – 5 lanes)	8:00 AM – 1:00 PM	5:30 – 7:00 AM	NOON – 1:00 PM	5:30 – 7:00 AM	NOON – 1:00 PM	5:30 – 7:00 AM	NOON – 1:00 PM
	4:30 – 5:45 PM	10:00 AM – 1:00 PM		10:00 AM – 1:00 PM		11:00 AM – 1:00 PM	4:30 – 5:45 PM
Modified Lap (2 – 3 lanes)	1:00 – 4:30 PM	7:00 – 10:00 AM	5:30 – 8:00 AM	7:00 – 10:00 AM	5:30 – 8:00 AM	7:00 – 11:00 AM	8:00 AM – 4:30 PM
		1:00 – 9:30 PM	1:00 – 9:30 PM	1:00 – 9:30 PM	1:00 – 9:30 PM	1:00 – 7:45 PM	
Rec Swim	1:00 – 4:30 PM	1:00 – 4:30 PM	1:00 – 4:30 PM	1:00 – 4:30 PM	1:00 – 4:30 PM	1:00 – 4:30 PM	1:00 – 4:30 PM
		7:30 – 9:30 PM	7:30 – 9:30 PM	7:30 – 9:30 PM	7:30 – 9:30 PM	6:30 – 7:45 PM	
Water Fitness		7:00 – 8:00 AM	8:00 AM – NOON	7:00 – 8:00 AM	8:00 AM – NOON	7:00 – 11:00 AM	
		9:00 – 10:00 AM	5:30 – 6:30 PM	9:00 – 10:00 AM	5:30 – 6:30 PM		
Swim Lessons		5:00 – 7:15 PM	8:30 AM – NOON	5:00 – 7:15 PM	8:30 AM – NOON		8:30 AM – NOON
			5:00 – 7:15 PM		5:00 – 7:15 PM		
Swim Team		4:00 – 6:30 PM		4:00 – 6:30 PM		5:45 – 6:45 PM	
Water Walking	OPEN – CLOSE	OPEN – CLOSE	OPEN – CLOSE	OPEN – CLOSE	OPEN – CLOSE	OPEN – CLOSE	OPEN – CLOSE
Tot Area	OPEN – CLOSE	OPEN – CLOSE	OPEN – CLOSE	OPEN – CLOSE	OPEN – CLOSE	OPEN – CLOSE	NOON – 4:30 PM

Very limited lap lanes during swim lessons. Slide available upon request M – F 1:00–4:30 PM.

WATER FITNESS

Aqua HIIT

High intensity followed by active recovery = all gain with no pain.
Location: ERC POOL
Instructor: Sara Mize
9/11 – 10/9 Tu 5:30 – 6:30 PM \$29/\$24/\$5 41250611
10/16 – 11/13 Tu 5:30 – 6:30 PM \$29/\$24/\$5 41250621

Aqua Power

Add water to your everyday routine and see the difference.
Location: ERC POOL
Instructor: TBA
9/13 – 10/11 Th 5:30 – 6:30 PM \$29/\$24/\$5 41250211
10/18 – 11/15 Th 5:30 – 6:30 PM \$29/\$24/\$5 41250221

Senior Water Fitness

Rediscover the fountain of youth where splashing and smiling isn’t just for kids. Location: ERC POOL
9/10 – 11/21 M/W/F 7:00 – 8:00 AM \$53/\$42/\$15 41260111 TBA
9/10 – 11/21 M/W/F 9:00 – 10:00 AM \$53/\$42/\$15 41260112 Liz
9/11 – 11/20 Tu/Th/F 8:00 – 9:00 AM \$53/\$42/\$15 41260113 Liz
9/11 – 11/20 Tu/Th/F 9:00 – 10:00 AM \$53/\$42/\$15 41260114 Judy
Fees: Non-resident / Resident / SilverSneakers®

Splash Aqua

Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning.
Location: ERC POOL Instructor: Judy
9/11 – 11/20 Tu/Th/F 10:00 – 11:00 AM \$53/\$42/\$15 41260311

Arthritis Aqua

Do you suffer from arthritis? One of the best ways to control pain, increase flexibility and improve daily function is through aquatic exercise.
Location: ERC POOL Instructor: TBA
9/11 – 11/20 Tu/Th 11:00 AM– NOON \$53/\$42/\$15 41260211
F 10:00 – 11:00 AM

PARTY WITH US!

All parties include a host, paper products, lemonade and your choice of cake and ice cream or pizza.



Pool Parties

Ages 3 yrs +
Saturdays & Sundays
12:30 PM or 2:30 PM
• All parties begin in the party room for 1 hour with your host, and end with unlimited swimming until close.
• Parties for children under 8 years old require 3 – 5 adults actively supervising in the water with a swimsuit on.

\$135: 1 – 15 guests • \$150: 16 – 20 guests

Flip & Dip Parties

Ages 3 – 6 yrs
Sundays at 10:00 AM
• Kids will have a flipping good time that finishes with a splash! With this option, they’ll spend the first hour tumbling, spend one-hour in the party room and then head off to the pool for more fun.
• This party requires 3 adults actively supervising in the water with a swimsuit on.

\$185: 1 – 10 guests

Reservations require a \$75 deposit or full payment if within 10 days.
Contact Kathy Wallace to make your reservation at 303-762-2680 or kwallace@englewoodco.gov.



SWIMMING LESSONS

All swimming lessons on this page take place at the Englewood Recreation Center • 1155 W. Oxford Ave.

Infant and Toddler

Babes & Tots (6 mos – 3 yrs)

Introduction to the water with a focus on safety and primary water skills including submersion, bubbles, and water play in a fun, family environment.

Jellyfish (2½ – 3½ yrs)

The next step for a toddler ready to explore the pool on their own, with an instructor. These little ones must be adventurous and ready to take instruction. These are graduates of the infant program and go under water willingly.

Preschool

Seahorse (3 – 5 yrs)

These little ones may be cautious, but are ready to start the basics. A gentle approach using songs and games is used to help them gain confidence and trust.

Seal (3 – 5 yrs)

These little ones are happiest going under water and are just starting to float on their own.

Otter (4 – 5 yrs)

These little ones can float for 10 seconds, roll over, and kick 10 meters to safety.

Sea Lion (4 – 5 yrs)

These are our most experienced little swimmers working on freestyle and backstroke drills, with the goal of being able to swim 15 meters with ease.

School Age

Stingray (6 – 14 yrs)

Swimmers with limited experience or basic skills should start here. Cautious and adventurous alike will find success in this class. Floating, kicking, and breathing will be mastered here.

Dolphin (6 – 14 yrs)

Swimmers will be conditioned to float, kick, and breathe for longer distances while core swimming skills are introduced and mastered. Swimmers will master freestyle and backstroke drills for 15 – 25 meters.

Swordfish (6 – 14 yrs)

Swimmers at this level are well-conditioned and beginning to swim up to 25 meters of freestyle, backstroke, and elementary backstroke with ease. Dolphin kick and treading water will be introduced.

Barracuda (6 – 14 yrs)

Swimmers are working towards 50 meters of freestyle and backstroke with efficiency and ease. Butterfly and breaststroke drills are introduced and refined. Open turns, treading water for time, and advanced safety skills are included.

Shark (6 – 14 yrs.)

Swimmers completing this class will have all the skills necessary to swim for fitness, join a swim team, or take lifeguard training.

Tidal Waves Swim Team

Take your swimming skills to the next level on our year-round CARA recreational swim team. Swimmers must be proficient in freestyle and backstroke for 25 meters. Ages 6 – 17 years.

Location: ERC POOL

Instructor: TBD

9/10 – 12/19 M/W 5:30 – 6:30 PM \$93/\$75 41230911

Home School Lessons

Join the fun in our home school lessons. Open swim is included for the swimmers and parents as part of our afternoon experience. Parents who actively supervise their non-swimmers under 8 years old, add to our layers of protection. Please email kwallace@englewoodco.gov for placement and exact class times.

Home School Swimming				Wednesdays
Class	Fee	Time	9/12 – 10/10	10/17 – 11/14
3 – 7 yrs	\$35	1:00 – 3:30 PM	41230811	41230821
8 – 13 yrs	\$30	1:00 – 3:30 PM	41230812	41230822

AQUATIC PERSONAL TRAINING

Aquatic personal training can help kick your fitness plan up a notch, get you started with aquatic fitness or rehab an injury.

Private Swim Lessons

If you need more flexibility or an individualized approach to your unique needs, sign up for private swim lessons. Please allow up to 2 weeks for placement with an available instructor. Call 303-762-2680 or email kwallace@englewoodco.gov to schedule your lesson.

	Private Swim 1 Student	Semi Private Swim 2 Students	Aquatic PT 1 Student	Semi Private Aquatic PT 2 students
	30 Min	30 Min	60 Min	60 Min
1 lesson	\$25	\$33	\$50	\$62
3 lessons	\$66	\$85	\$125	\$140

Masters Swimming

Age: 15 yrs +

Coach-led workouts to fit the goals of novice swimmers or long-time devotees to the 5:00 AM workout. Must love flip-flops and early mornings. Instructor: David Lee, ASCA Certified

Tu/Th 5:30 – 7:00 AM, Daily: \$10/\$8

10 punches: \$80/\$70, 20 punches: \$150/\$120

WEEKDAY SWIM LESSONS

5 weeks (10 lessons)

		M/W		T/Th	
Fee: \$55/\$44	Session:	1	2	1	2
Class	Time	9/10 – 10/10	10/15 – 11/14	9/11 – 10/11	10/16 – 11/15
Babes & Tots	9:05 – 9:35 AM			41210111	41210112
Jellyfish	9:40 – 10:05 AM			41210211	41210212
	5:00 – 5:25 PM	41210221	41210222	41210241	41210242
Seahorse	10:10 – 10:40 AM			41220111	41220112
	5:00 – 5:25 PM	41220121	41220122	41220141	41220142
Seal/Otter	10:45 – 11:15 AM			41220211	41220212
Seal	5:30 – 6:00 PM	41220221	41220222	41220241	41220242
Otter	5:30 – 6:00 PM			41220341	41220342
	6:05 – 6:35 PM	41220321	41220322		
Sea Lion	6:05 – 6:35 PM	41220421	41220422		
Stingray	5:30 – 6:00 PM	41230111	41230112		
	6:05 – 6:35 PM			41230121	41230122
Dolphin	6:05 – 6:35 PM			41230221	41230222
	6:40 – 7:10 PM	41230211	41230212		
Swordfish	6:40 – 7:10 PM	41230311	41230312	41230321	41230322
Barracuda/Shark	6:40 – 7:10 PM			41230421	41230422

SATURDAY MORNING SWIM LESSONS

5 weeks (5 lessons)

		1	2
Fee: \$27/\$22	Session:	9/16 – 10/14	10/21 – 11/18
Class	Time		
Babes & Tots	10:00 – 10:30 AM	41210131	41210133
	10:35 – 11:05 AM	41210132	41210134
Jellyfish	9:30 – 9:55 AM	41210231	41210232
Seahorse	10:00 – 10:30 AM	41220131	41220133
	10:35 – 11:05 AM	41220132	41220134
Seal	10:00 – 10:30 AM	41220231	41220233
	10:35 – 11:05 AM	41220232	41220234
Otter	8:50 – 9:20 AM	41220331	41220332
Sea Lion	11:10 – 11:50 AM	41220431	41220432
Stingray	9:15 – 9:55 AM	41230131	41230133
	11:10 – 11:50 AM	41230132	41230134
Dolphin	9:15 – 9:55 AM	41230231	41230233
	11:10 – 11:50 AM	41230232	41230234
Swordfish	8:30 – 9:10 AM	41230331	41230332
Barracuda/Shark	8:30 – 9:10 AM	41230431	41230432

Infant Swimming Resource

Children from 6 months to 6 years of age learn how to use Infant Swimming Resource's Self-Rescue® skills to save themselves.

Mary Davison, RN

m.davison@infantswim.com • 303-988-1422

mdavison.infantswim.com/instructor/

Stand-Up Paddleboard (SUP) Yoga

Age: 15 yrs +

Enjoy an aquatic experience on soft inflatable paddleboards. SUP certified Yoga instructor will guide you through poses to improve balance and provide an energizing water experience. All level class and equipment provided. Class times and pricing available online.

TIPS

A good fitting goggle can help with eye comfort. Check out our pro shop.

Open swim is not included in your registration fee. Please stop by the front desk if you want to swim before or after lessons M – Th. Safety guidelines apply.





OUTDOOR / HIKING

Program Administrator: Joyce Musgrove • jmusgrove@englewoodco.gov • 303-762-2680

Mountain Hiking Adventures – All Levels

Enjoy the changing color in the mountains and the air with one of our many levels of hiking adventures, including easy hikes (see below). For any hike, come prepared with a daypack, hiking boots, sack lunch, water (bring extra if it’s hot), rain gear, hat, sun lotion, insect repellent, whistle, walking stick, warm clothing and money for an ice cream stop. All hike levels are based on distance and trail conditions. Please keep in mind your ability and fitness level when hiking on the trails. Hikes depart from the Malley Rec Center; 3380 S. Lincoln St. Locations are subject to change depending on weather or trail conditions. Note: No smoking once we are at the trailhead due to fire danger. Each Trip: Fee: \$21, Resident: \$17.

Number	Date	Day	Time	Location	Length	Elev. Start	Elev. Gain	Level	Near
42162011	9/5	W	8:00 AM – 5:00 PM	The Craggs	5 mi	10,100'	800'	M	Woodland Park
42162012	9/11	Tu	8:00 AM – 5:00 PM	Fern Falls/Lake*	5.4 mi	8,155'	645'	M	RMNP
42162013	9/19	W	8:00 AM – 5:00 PM	Square Top Lakes	4 mi	11,669'	598'	M	Georgetown
42162014	9/25	Tu	8:00 AM – 5:00 PM	Kenosha Pass	5.4 mi	10,000'	400'	E-M	Fairplay
42162015	10/3	W	8:00 AM – 5:00 PM	Pavilion Point	5 mi	9,170'	896'	M	Silver Plume
42162016	10/9	W	8:00 AM – 5:00 PM	Jim Creek	7 mi	9,220'	1225'	M	Winter Park
42162017	10/17	W	8:00 AM – 5:00 PM	Eagle’s View Trail	3.2 mi	7,200'	920'	M	Conifer
42162018	10/23	Tu	8:00 AM – 5:00 PM	Heil Valley Ranch	8 mi	6,000'	600'	M	Boulder
42162019	10/31	W	8:00 AM – 5:00 PM	Pine Valley Ranch	2.6 mi	7,000'	600'	E-M	Conifer

*Bring Golden Age Pass or \$10 park entrance fee.

NOTE: There will be a year-end party at Pine Valley Ranch after hiking. Bring something to share.

Easy Hikes

If you love to walk in the mountains, check out these easy hikes. The easy hikers will go with the moderate hikers, but will hike easier trails of shorter duration with little elevation gain. Be aware of the starting elevations. Remember you are the one determining how long of a hike you can walk. Come prepared with a daypack, hiking boots, sack lunch, water (bring extra if it’s hot), rain gear, hat, sun lotion, insect repellent, whistle, warm clothing and money for an ice cream stop. Feel welcome to bring a good book or sitting activity that you can do while enjoying the outdoors.

Each Trip: Fee: \$21, Resident Fee: \$17.

Number	Date	Day	Time	Location	Elev. Start	Elev. Gain	Near
42163011	9/11	Tu	8:00 AM – 5:00 PM	The Pool*	8,155'	165'	RMNP
42163012	9/25	Tu	8:00 AM – 5:00 PM	Kenosha Pass	10,000'	400'	Fairplay
42163013	10/3	W	8:00 AM – 5:00 PM	Discovery Loop	9,224'	0'	Winter Park
42163014	10/17	W	8:00 AM – 5:00 PM	Hummingbird/ Song Bird Loop	7,200'	200'	Conifer
42163015	10/23	Tu	8:00 AM – 5:00 PM	Lichen Loop	5,900'	380'	Boulder
42163016	10/31	W	8:00 AM – 5:00 PM	Pine Valley Ranch & Potluck	7,000'	200'	Conifer

*Bring Golden Age Pass or \$10 park entrance fee

The City of Englewood Parks, Recreation & Library and its employees shall not discriminate against any person on the basis of race, color, sex (in educational activities), national origin, age, or disability or by curtailing or refusing to furnish accommodations, facilities, services, or use privileges offered to the public generally. In addition, the holder and its employees shall comply with the provisions of Title VI of the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, Title IX of the Education Amendments Act of 1972, as amended, and the Age Discrimination Act of 1975, as amended. The holder shall include and require compliance with the above nondiscrimination provisions in any third-party agreement made with respect to the operations authorized under this permit. The Forest Service shall furnish signs setting forth this policy of nondiscrimination. These signs shall be conspicuously displayed at the public entrance to the premises and at other exterior or interior locations, as directed by the Forest Service. The Forest Service shall have the right to enforce the foregoing nondiscrimination provisions by suit for specific performance or by any other available remedy under the laws of the United States or the State in which the violation occurs.



ADULT FITNESS

Program Administrator: Joyce Musgrove • jmusgrove@englewoodco.gov • 303-762-2680

Drop-in Rates

Daily Group Fitness	\$8/\$6
Daily Yoga	\$10/\$8
12-Visit Group Fitness Pass	\$75/\$60
12-Visit Yoga Pass	\$112/\$90

Drop-in not available for Pilates Reformer, Tai Chi for Balance or Group Personal Training Classes. See page 31 for drop-in childcare.

ERC Fitness Orientation

Ages: 13 and older

Ready to get started on our state-of-the-art equipment? Learn to correctly operate the Technogym weight machines and cardiovascular equipment in a group setting. Please register at least two days in advance to assure your place in class. This orientation is a prerequisite for all 13- and 14-year-olds wishing to utilize the weight and cardiovascular areas within the Recreation Center.

Location: ERC-WGT

9/15	Sa	9:00 – 10:30 AM	FREE	42253511
10/10	W	6:00 – 7:30 PM	FREE	42253512
11/15	Th	6:00 – 7:30 PM	FREE	42253513

Personal Training

Get inspired, boost your confidence, and accomplish your goals!

The benefits of working with a personal trainer include:

- Individualized fitness program specifically designed for you.
- Efficient workout program with innovative ways to improve your health.
- Professional assistance in improving strength, flexibility, endurance, posture, balance, coordination and cardiovascular health.
- Instruction on correct form and technique for cardiovascular exercise and strength training.
- Progressive assistance as you progress.

To schedule an appointment, please call our Personal Training line at 303-762-2678. Each session is 60 minutes.

	Sessions	Fee	Res Fee
Private 60 minute sessions	3	\$154	\$123
	6	\$278	\$222
	10	\$425	\$340
Private 30 minute sessions	3	\$109	\$87
	6	\$210	\$168
	10	\$325	\$260

Small group sessions of 2-3 people are available. Please call the Personal Training Line for pricing. *Note: No-shows and cancellations not made with your personal trainer at least 24 hours in advance result in loss of the session.*

Nutrition Counseling

The registered dietitians on our referral list offer individualized nutritional counseling for all ages. They can assist with weight management, chronic disease prevention, vegetarian and sports nutrition, medical nutrition therapy, women’s health issues and pediatric nutrition. Call 303-762-2678 for our Registered Dietitian Referral list.

THE ZONE AT ERC CLASS SCHEDULE

DAY	TIME	CLASS
M	6:00 PM	Ultimate Fitness
Tu	10:00 AM	FUNCTIONal FITness
W	6:00 PM	Burn and Build
Th	10:00 AM	Balance, Core & More
F	7:30 AM	Sports Explosion
Sa	9:00 AM	Ultimate Fitness



Classes now in session!
Only \$10 per class!

Join TETRO Performance and their certified coaches for a variety of challenging and motivational classes. Be sure to check the front desk or visit TetroPerformance.com/blog for class times and descriptions.

Service Provider for **The Zone** at the Englewood Recreation Center

TETRO

PERFORMANCE

BE DEFINED BY YOUR EFFORT

Only \$10 per class

GROUP TRAINING CLASSES - BEGINNER/INTERMEDIATE/ADVANCED LEVELS
MEDICINE BALL - BATTLE ROPES - KETTLEBELL/BOX - FUNCTIONAL TRAINING
STRETCHING/FLEXIBILITY

Additional services:
Personal Training, Online Training, Corporate Wellness, Concierge Service, Nutrition Counseling, Wellness Coaching, Active Older Adults (55+), Athletic Coaching

For class schedule and additional information go to www.tetroperformance.com/blog

TRX Boot Camp

Age: 13 yrs and older

Fire up your metabolism, burn calories and get stronger and leaner faster. TRX suspension trainers will be incorporated into the workout. Previous experience is not necessary.
Instructor: Rachael Helmers

Weights & More

Age: 18 yrs and older

Increase strength and endurance while improving bone density. Expand your weight room workout in a group setting with the guidance of a personal trainer. Moderate fitness level and higher.
Instructors: Libby Butler

Zumba®

Age: 13 yrs and older

Join the party! Zumba is a Latin-inspired dance-fitness class that combines energizing music and easy-to-follow moves for a fun, effective, cardiovascular workout. This class is a blend of fast and slow rhythms and resistance training that tone and sculpt the body.
Instructor: Lisa Pope

NEW POP Pilates

Age: 13 yrs and older

A total body workout that sculpts a rock-solid core and a lean body. Develop strength and flexibility through resistance work using your own body weight and a yoga mat. Class is for all levels.
Instructor: Lisa Pope

Indoor Cycling

Age: 13 yrs and older

Optimum fat burning awaits you on this journey! This class will simulate varied terrain and drills to give you a great interval workout. Class participants assist with equipment set-up and breakdown. Bike pedals compatible with athletic shoes, SPD and Look cleats.
Instructors: Stacy Lochowicz (Tuesday), Melody Rodgers (Wednesday), and Libby Butler (Thursday)

Zumba® Toning

Age: 13 yrs and older

Come to the party and have fun dancing with an extra emphasis on toning and sculpting to define those muscles! Adding light weights helps to focus on specific muscle groups, such as arms, core and lower body.
Instructor: Maureen Plotnicki

Essentrics®

Age: 13 yrs and older

A dynamic workout to stretch, strengthen and rebalance the full muscular structure, leaving you more flexible and agile. Great for athletes seeking an increase in range-of-motion and an increase in speed and agility. Prepares muscles and tendons to withstand maximum demands.
Instructor: Paulette Fara-Schembri

Fit Body Express

Age: 13 yrs and older

A high-intensity endurance-based workout. Shed fat, define muscle, transform the look of your entire physique and dramatically enhance your overall health and athletic performance. If you are looking for results and are willing to put in the effort, this class is for you!
Instructor: Libby Butler

NEW Retro Step

Age: 13 yrs and older

Step up and back into the '90s. Bring step back into your life with fun moves and great music. Strengthen tone and improve coordination.
Instructor: Libby Butler

Fitness Fusion

Age: 13 yrs and older

You will never get bored with this eclectic blend of exercises. TRX suspension and rip trainers will be used along with BOSUs, glides, dumbbells and body-weight training. You will get the ideal mix of strength, endurance, balance, coordination, flexibility, power and core stability.
Instructor: Libby Butler

Fitness Drop-in Rates

Daily Group Fitness	\$8/\$6
12-Visit Group Fitness Pass	\$75/\$60

Drop-in not available for Pilates Reformer, Tai Chi for Better Balance or Group Personal Training Classes. See page 31 for drop-in childcare.



ADULT FITNESS CLASS LIST

Class	Activity #	Dates	Days	Times	Location	Fee	Res Fee
TRX Boot Camp	42250411	9/10 – 9/24	M	5:25 – 6:25 PM	ERC-FIT	\$16	\$13
	42250412	10/1 – 10/29	M	5:25 – 6:25 PM	ERC-FIT	\$26	\$21
	42250413	11/5 – 11/26	M	5:25 – 6:25 PM	ERC-FIT	\$22	\$17
NEW 3 months of classes	42250414	9/10 – 11/26	M	5:25 – 6:25 PM	ERC-FIT	\$64	\$51
Weights & More	42253311	9/10 – 11/26	M	6:35 – 7:35 PM	ERC-WGT	\$95	\$77
Zumba®	42250911	9/10 – 9/24	M	6:35 – 7:35 PM	ERC-FIT	\$16	\$13
	42250912	10/1 – 10/29	M	6:35 – 7:35 PM	ERC-FIT	\$26	\$21
	42250913	11/5 – 11/26	M	6:35 – 7:35 PM	ERC-FIT	\$22	\$17
NEW POP Pilates	42251111	9/4 – 9/25	Tu	5:30 – 6:30 PM	ERC-FIT	\$22	\$17
	42251112	10/2 – 10/30	Tu	5:30 – 6:30 PM	ERC-FIT	\$26	\$21
	42251113	11/6 – 11/27	Tu	5:30 – 6:30 PM	ERC-FIT	\$22	\$17
Indoor Cycling	42250311	9/4 – 9/25	Tu	6:35 – 7:35 PM	ERC-FIT	\$22	\$17
	42250312	10/2 – 10/30	Tu	6:35 – 7:35 PM	ERC-FIT	\$26	\$21
	42250313	11/6 – 11/27	Tu	6:35 – 7:35 PM	ERC-FIT	\$22	\$17
NEW 3 months of classes	42250314	9/4 – 11/27	Tu	6:35 – 7:35 PM	ERC-FIT	\$70	\$55
Indoor Cycling <i>No Class: 11/21</i>	42250321	9/5 – 9/26	W	5:30 – 6:30 PM	ERC-FIT	\$22	\$17
	42250322	10/3 – 10/31	W	5:30 – 6:30 PM	ERC-FIT	\$26	\$21
	42250323	11/7 – 11/28	W	5:30 – 6:30 PM	ERC-FIT	\$22	\$17
Zumba® Toning <i>No Class: 11/21</i>	42251611	9/5 – 9/26	W	5:30 – 6:30 PM	ERC-AA2	\$22	\$17
	42251612	10/3 – 10/31	W	5:30 – 6:30 PM	ERC-AA2	\$22	\$17
	42251613	11/7 – 11/28	W	5:30 – 6:30 PM	ERC-AA2	\$16	\$13
Essentrics ®	42251411	9/5 – 9/26	W	6:35 – 7:35 PM	ERC-FIT	\$26	\$22
	42251412	10/3 – 10/31	W	6:35 – 7:35 PM	ERC-FIT	\$38	\$27
	42251413	11/7 – 11/28	W	6:35 – 7:35 PM	ERC-FIT	\$26	\$22
	42251414	9/5 – 11/28	W	6:35 – 7:35 PM	ERC-FIT	\$90	\$71
Fit Body Express <i>No Class: 11/22</i>	42250811	9/6 – 9/27	Th	5:45 – 6:30 PM	ERC-FIT	\$22	\$17
	42250812	10/4 – 10/25	Th	5:45 – 6:30 PM	ERC-FIT	\$22	\$17
	42250813	11/1 – 11/29	Th	5:45 – 6:30 PM	ERC-FIT	\$22	\$17
NEW 3 months of classes	42250814	9/6 – 9/27	Th	5:45 – 6:30 PM	ERC-FIT	\$66	\$51
Indoor Cycling <i>No Class: 11/22</i>	42250331	9/6 – 9/27	Th	6:35 – 7:35 PM	ERC-FIT	\$22	\$17
	42250332	10/4 – 10/25	Th	6:35 – 7:35 PM	ERC-FIT	\$22	\$17
	42250333	11/1 – 11/29	Th	6:35 – 7:35 PM	ERC-FIT	\$22	\$17
NEW Retro Step	42251911	9/8 – 9/29	Sa	8:05 – 9:05 AM	ERC-FIT	\$22	\$17
	42251912	10/6 – 10/27	Sa	8:05 – 9:05 AM	ERC-FIT	\$22	\$17
	42251913	11/3 – 11/24	Sa	8:05 – 9:05 AM	ERC-FIT	\$22	\$17
Fitness Fusion	42250611	9/8 – 9/29	Sa	9:10 – 10:10 AM	ERC-FIT	\$22	\$17
	42250612	10/6 – 10/27	Sa	9:10 – 10:10 AM	ERC-FIT	\$22	\$17
	42250613	11/3 – 11/24	Sa	9:10 – 10:10 AM	ERC-FIT	\$22	\$17
NEW 3 months of classes	42250614	9/8 – 11/24	Sa	9:10 – 10:10 AM	ERC-FIT	\$66	\$51



ACTIVE ADULT FITNESS

Program Administrator: Joyce Musgrove • jmusgrove@englewoodco.gov • 303-762-2663

All of the classes on this page are designed for ages 55 and older. There is space available for ages 18 – 54.

Fitness Club



Improve your level of fitness with low-impact aerobics and flexibility training followed by strengthening exercises. SilverSneakers® welcome. Instructor: Kristy Lone

SilverSneakers® Classic



Move to the music through a variety of exercises designed to increase muscular strength and range of movement. Hand-held weights, elastic tubing with handles and a ball will be used. A chair is used for support. Class is open to all. Instructors: Kristy Lone (M/W Malley) and Catherine Glenn (Tu/Th ERC)

Forever Fit



Charge your heart and engage your body with strengthening, cardio and stretching moves. Use hand weights, bands, small balls and chair for support. SilverSneakers® welcome. Instructor: TBA (Tu) and Barbara Meadows (Th)

Total Body Fitness



Stay fit, agile and active while increasing muscle strength, cardiovascular function, coordination, balance and range of motion in both the upper and lower body. SilverSneakers® welcome. Instructor: Doug Smith

NEW Step Smartly

Focus on walking basics through motion and body awareness. Students learn to improve their gait, posture and balance in a safe and fun community atmosphere. Instructor: Liz Shepard, B.Sc., Certified Exercise Physiologist, Certified Exercise Therapy Specialist and Senior Wellness Specialist

NEW Walk & Stretch for Power



Intentional and powerful walking is a great way to burn calories while staying mobile. This includes stretching and proper walking technique for fitness and, if interested, competition. Set your goal and challenge yourself in this unique community experience. Instructor: Liz Shepard, B.Sc., Certified Exercise Physiologist and International Masters USATF Race Walker

Mobile & Agile



Improve your overall level of fitness while having fun. Focus on improving your mobility, agility and coordination with strengthening, balancing and toning exercises. This class uses bands, balls and a chair if needed. SilverSneakers® welcome. Instructor: Kristy Lone

NEW GZ Sobol Parkinson’s Network Foundations

This 75-minute class incorporates exercises targeting deficits specific to people with Parkinson’s Disease, multiple sclerosis, stroke recovering or movement disorders by emphasizing strength, balance and flexibility movement that targets dexterity, rigidity, akinesia, bradykinesia, postural stability, cognition and gait. Class includes a head-to-toe 20-minute seated warm-up, followed by unique standing exercises and routines. Participants are encouraged to rest when necessary, and do as much of the activities as possible. Participants who use a walker or wheelchair are required to have a caregiver or driver with them during the class. Instructor: Claire Martin

Beginning Weight Training

Age: 55 yrs and older
A personal trainer will introduce you to the basics of weight training and teach you how to utilize both the circuit and free-weight equipment safely and effectively. Receive one-on-one attention in a group setting. Instructor: Marty Grims

Continuing Weight Training

Age: 55 yrs and older
This self-guided class allows you to workout in the weight room with access to a personal trainer who can assist with advancing your fitness regime. You will have the flexibility to workout any time between 8:15 – 10:30 AM, Monday – Thursday. Three months of Beginning Weight Training or fitness staff approval. SilverSneakers® members use the SilverSneakers® number listed to register and swipe your card each time you come in. All others, please use the regular class number to register. Instructor: Marty Grims

Malley Fitness Orientation

If you are new to the Malley Fitness Center, we suggest attending an orientation to learn about our new Technogym weight equipment. Learn weight room safety, etiquette and receive an introduction to equipment adjustment and proper exercise techniques. This is not a weight-training class. Location: MRC-Eldorado

9/13	Th	4:00 – 5:00 PM	FREE	42263511
10/16	Tu	11:30 AM – 12:30 PM	FREE	42263512
11/10	Sa	9:30 – 10:30 AM	FREE	42263513

NEW Check out our convenient 3-month registration option for some fitness classes.

ACTIVE ADULT FITNESS CLASS LIST

Class	Activity #	Dates	Days	Time	Location	Fee	Res Fee	SS Fee
Fitness Club	42260111	9/5 – 9/26	M/W	9:00 – 10:00 AM	MRC-GYM	\$22	\$18	\$5
	42260112	10/1 – 10/31	M/W	9:00 – 10:00 AM	MRC-GYM	\$32	\$25	\$5
	42260113	11/5 – 11/28	M/W	9:00 – 10:00 AM	MRC-GYM	\$25	\$20	\$5
NEW 3 months of classes	42260114	9/5 – 11/28	M/W	9:00 – 10:00 AM	MRC-GYM	\$79	\$63	\$15
SilverSneakers® Classic	42261011	9/5 – 9/26	M/W	10:15 – 11:15 AM	MRC-GYM	\$22	\$18	
	42261012	10/1 – 10/31	M/W	10:15 – 11:15 AM	MRC-GYM	\$32	\$25	
	42261013	11/5 – 11/28	M/W	10:15 – 11:15 AM	MRC-GYM	\$25	\$20	
Forever Fit	42260811	9/4 – 9/27	Tu/Th	8:30 – 9:30 AM	ERC-FIT	\$29	\$23	
	42260812	10/2 – 10/30	Tu/Th	8:30 – 9:30 AM	ERC-FIT	\$33	\$26	
	42260813	11/1 – 11/29	Tu/Th	8:30 – 9:30 AM	ERC-FIT	\$29	\$23	
No Class: 11/22								
Total Body Fitness	42260511	9/4 – 9/27	Tu/Th	9:00 – 10:00 AM	MRC-GYM	\$29	\$23	\$5
	42260512	10/2 – 10/30	Tu/Th	9:00 – 10:00 AM	MRC-GYM	\$33	\$26	\$5
	42260513	11/1 – 11/29	Tu/Th	9:00 – 10:00 AM	MRC-GYM	\$29	\$23	\$5
No Class: 11/22								
NEW 3 months of classes	42260514	9/4 – 11/29	Tu/Th	9:00 – 10:00 AM	MRC-GYM	\$91	\$72	\$15
SilverSneakers® Classic	42261111	9/4 – 9/27	Tu/Th	9:45 – 10:45 AM	ERC-FIT	\$25	\$20	\$5
	42261112	10/2 – 10/30	Tu/Th	9:45 – 10:45 AM	ERC-FIT	\$28	\$23	\$5
	42261113	11/1 – 11/29	Tu/Th	9:45 – 10:45 AM	ERC-FIT	\$25	\$20	\$5
No Class: 11/22								
NEW Step Smart	42260311	9/5 – 9/26	W	8:00 – 9:00 AM	ERC-FIT	\$16	\$13	
	42260312	10/3 – 10/31	W	8:00 – 9:00 AM	ERC-FIT	\$16	\$13	
	42260313	11/7 – 11/28	W	8:00 – 9:00 AM	ERC-FIT	\$16	\$13	
No Class: 10/17								
NEW Walk & Stretch for Power	42260711	9/5 – 9/26	W	9:00 – 10:00 AM	ERC-FIT	\$16	\$13	
	42260712	10/3 – 10/31	W	9:00 – 10:00 AM	ERC-FIT	\$16	\$13	
	42260713	11/7 – 11/28	W	9:00 – 10:00 AM	ERC-FIT	\$16	\$13	
No Class: 10/17								
NEW 3 months of classes	42260714	9/5 – 11/28	W	9:00 – 10:00 AM	ERC-FIT	\$48	\$39	
Mobile & Agile	42260611	9/5 – 9/26	W	1:15 – 2:15 PM	MRC-BLRM	\$16	\$13	
	42260612	10/3 – 10/31	W	1:15 – 2:15 PM	MRC-BLRM	\$21	\$17	
	42260613	11/7 – 11/28	W	1:15 – 2:15 PM	MRC-BLRM	\$16	\$13	
NEW GZ Sobol Parkinson’s Network Foundation	42260911	9/1 – 9/29	Sa	10:45 AM – NOON	MRC-BLRM	\$21	\$17	\$5
	42260912	10/6 – 10/27	Sa	10:45 AM – NOON	MRC-BLRM	\$16	\$13	\$5
	42260913	11/3 – 11/24	Sa	10:45 AM – NOON	MRC-BLRM	\$16	\$13	\$5
Beginning Weight Training	42263211	9/5 – 9/26	M/W	9:00 – 10:00 AM	MRC-WGTRM	\$25	\$20	
	42263212	10/1 – 10/31	M/W	9:00 – 10:00 AM	MRC-WGTRM	\$36	\$29	
	42263213	11/5 – 11/28	M/W	9:00 – 10:00 AM	MRC-WGTRM	\$28	\$23	
	42263221	9/5 – 9/26	M/W	10:00 – 11:00 AM	MRC-WGTRM	\$25	\$20	
	42263222	10/1 – 10/31	M/W	10:00 – 11:00 AM	MRC-WGTRM	\$36	\$29	
	42263223	11/5 – 11/28	M/W	10:00 – 11:00 AM	MRC-WGTRM	\$28	\$23	
	42263231	9/4 – 9/27	Tu/Th	8:30 – 9:30 AM	MRC-WGTRM	\$28	\$23	
	42263232	10/2 – 10/30	Tu/Th	8:30 – 9:30 AM	MRC-WGTRM	\$32	\$26	
	42263233	11/1 – 11/29	Tu/Th	8:30 – 9:30 AM	MRC-WGTRM	\$28	\$23	
	42263241	9/4 – 9/27	Tu/Th	9:30 – 10:30 AM	MRC-WGTRM	\$28	\$23	
	42263242	10/2 – 10/30	Tu/Th	9:30 – 10:30 AM	MRC-WGTRM	\$32	\$26	
	42263243	11/1 – 11/29	Tu/Th	9:30 – 10:30 AM	MRC-WGTRM	\$28	\$23	
	42263311	9/4 – 9/27	M – Th	8:15 – 10:30 AM	MRC-WGTRM	\$33	\$26	
	42263312	10/2 – 10/30	M – Th	8:15 – 10:30 AM	MRC-WGTRM	\$33	\$26	
	42263313	11/1 – 11/29	M – Th	8:15 – 10:30 AM	MRC-WGTRM	\$33	\$26	
No Class: 11/22								
Continuing Weight Training SilverSneakers Members	42263321	9/4 – 9/27	M – Th	8:15 – 10:30 AM	MRC-WGTRM			\$5
	42263322	10/2 – 10/30	M – Th	8:15 – 10:30 AM	MRC-WGTRM			\$5
	42263323	11/1 – 11/29	M – Th	8:15 – 10:30 AM	MRC-WGTRM			\$5



Program Administrator: Joyce Musgrove • jmusgrove@englewoodco.gov • 303-762-2663

Yoga Drop-in Rates

Daily Yoga \$10/\$8
Yoga 12-Visit Pass \$112/\$90

Drop-in not available for Pilates Reformer, Tai Chi For Balance or Group Personal Training Classes.

Energize Yoga

Age: 16 yrs and older
Start your day energized without the caffeine jitters. This combination of Hatha and Vinyasa moves will leave you stretched, focused and balanced for the day ahead. Instructor: Erin Mathiason

Hatha Yoga

Age: 15 yrs and older
Increase flexibility, build strength, calm the mind and open the heart with Hatha yoga. Hatha yoga is a balanced combination of sustained poses with attention to alignment principles and integrated with the breath. Beginners are welcome to attend. This is an all-levels class. Instructor: Erin Mathiason

NEW Wellness & Relief Yoga

Age: 13 yrs and older
Yoga and meditation can support your health and healing. Practice calming your emotions, such as anger, fear, anxiety, sadness or your fight or flight response with breathing, moving, stretching and resting. Work to bring your mind, body and spirit into balance with yoga as a self-regulation tool. Instructor: Andres Rivera

Foundations Yoga

Age: 13 yrs and older
Learn the basic yoga poses and breathing techniques. Improve strength, flexibility and stress relief. This is the perfect class for someone with little or no previous yoga experience. Instructor: Roseanna Frechette

Flow Yoga

Age: 13 yrs and older
Alignment of the body in a sequence of poses linked together with the breath make this Vinyasa yoga class an energizing and uplifting choice. Build endurance, flexibility and strength. Some yoga experience recommended. Instructor: Andres Rivera

Core Yoga

Age: 13 yrs and older
Improve flexibility, balance and strength, especially in the core, to protect the back. Modifications and props available. Appropriate for beginner to intermediate. Instructor: Stephanie Turner

Chair Yoga

Age: 55 and older; 18 – 54 space available
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Instructor: Catherine Glenn

Light Yoga

Age: 55 and older; 18 – 54 space available
For individuals who desire a traditional yoga practice but require modifications for mobility limitations, this class is a perfect fit. Gently ease your way through stretches and poses and feel light on your feet. You must be able to get down and up from the floor. Instructor: Barbara Meadows

NEW Restorative Yoga

Age: 16 yrs and older
Relax, renew and restore your body and mind in this time dedicated to you. We use bolsters, blankets, and blocks to support the body into a state of deep relaxation. All poses are supported, either lying or seated on the floor in a quiet, warm, and safe environment. Instructor: Catherine Glenn

NEW Tai Chi Yoga Fusion

Age: 16 yrs and older
Blending the best of both ancient arts, your practice will be filled with gently, fluid movements, stretches and peaceful poses. Gain physical strength and flexibility, increased energy, inner quietness and more. Instructor: Erin Mathiason

Tai Chi for Better Balance

Age: 55 yrs and older, 18 – 54 yrs space available
Improve your balance while enhancing your agility and coordination with Tai Chi-based movements. The class format and design have been acknowledged as one of the few evidence-based interventions for the prevention of falls by the Centers for Disease Control and National Center for Injury Prevention and Control. Beginning and advanced classes are offered. Advanced class participation must be approved by the instructor. Instructor: Patty Vogt

Therapeutic Tai Chi

Age: 55 yrs and older, 18 – 54 yrs space available
Better manage chronic health conditions and improve overall well-being based on a variety of true principled Tai Chi styles and forms. Movements are performed in a slow, relaxed manner with continual deep breathing to improve concentration and quiet the body. Strengthen muscles and joints, increase flexibility and coordination, and improve posture and balance while integrating the mind, body and spirit. Instructor: Phred Hall

ACTIVE YOGA & TAI CHI

Class	Activity #	Dates	Days	Time	Location	Fee	Res Fee	SS Fee
NEW Tai Chi Yoga Fusion	42255511	9/10 – 9/24	M	4:00 – 5:00 PM	MRC-BLRM	\$15	\$12	
	42255512	10/1 – 10/29	M	4:00 – 5:00 PM	MRC-BLRM	\$38	\$30	
	42255513	11/5 – 11/26	M	4:00 – 5:00 PM	MRC-BLRM	\$33	\$26	
Energize Yoga	42258011	9/10 – 9/24	M	7:00 – 8:00 AM	ERC-FIT	\$28	\$23	
	42258012	10/1 – 10/29	M	7:00 – 8:00 AM	ERC-FIT	\$47	\$38	
	42258013	11/5 – 11/26	M	7:00 – 8:00 AM	ERC-FIT	\$37	\$30	
NEW 3 months of classes	42258014	9/10 – 11/26	M	7:00 – 8:00 AM	ERC-FIT	\$112	\$91	
Hatha Yoga	42256911	9/4 – 9/25	Tu	6:15 – 7:30 PM	MRC-BLRM	\$34	\$27	
	42256912	10/2 – 10/30	Tu	6:15 – 7:30 PM	MRC-BLRM	\$42	\$33	
	42256913	11/6 – 11/27	Tu	6:15 – 7:30 PM	MRC-BLRM	\$34	\$27	
NEW 3 months of classes	42256914	9/4 – 11/27	Tu	6:15 – 7:30 PM	MRC-BLRM	\$110	\$87	
Foundations Yoga	42256211	9/5 – 9/26	W	6:45 – 8:00 PM	ERC-AA2	\$34	\$27	
	42256212	10/3 – 10/31	W	6:45 – 8:00 PM	ERC-AA2	\$42	\$33	
	42256213	11/7 – 11/28	W	6:45 – 8:00 PM	ERC-AA2	\$34	\$27	
NEW 3 months of classes	42256214	9/5 – 11/28	W	6:45 – 8:00 PM	ERC-AA2	\$110	\$87	
Flow Yoga No Class: 11/22	42257011	9/6 – 9/24	Th	5:45 – 6:45 PM	ERC-MRC	\$31	\$25	
	42257012	10/4 – 10/25	Th	5:45 – 6:45 PM	ERC-MRC	\$31	\$25	
	42257013	11/1 – 11/29	Th	5:45 – 6:45 PM	ERC-MRC	\$31	\$25	
NEW 3 months of classes	42257014	9/6 – 11/29	Th	5:45 – 6:45 PM	ERC-MRC	\$93	\$75	
Core Yoga	42257111	9/1 – 9/29	Sa	9:15 – 10:30 AM	MRC-BLRM	\$42	\$33	
	42257112	10/6 – 10/27	Sa	9:15 – 10:30 AM	MRC-BLRM	\$34	\$27	
	42257113	11/10 – 11/24	Sa	9:15 – 10:30 AM	MRC-BLRM	\$25	\$21	
NEW 3 months of classes	42257114	9/1 – 11/24	Sa	9:15 – 10:30 AM	MRC-BLRM	\$101	\$81	

GENTLE YOGA & TAI CHI

Class	Activity #	Dates	Days	Time	Location	Fee	Res Fee	SS Fee
Chair Yoga No Class: 11/22	42258311	9/4 – 9/27	Tu/Th	11:00 AM – NOON	ERC-FIT	\$43	\$33	\$5
	42258312	10/2 – 10/30	Tu/Th	11:00 AM – NOON	ERC-FIT	\$47	\$37	\$5
	42258313	11/1 – 11/29	Tu/Th	11:00 AM – NOON	ERC-FIT	\$43	\$33	\$5
NEW 3 months of classes	42258314	9/4 – 11/29	Tu/Th	11:00 AM – NOON	ERC-FIT	\$133	\$103	\$15
No Class: 11/23	42258321	9/7 – 9/28	F	8:30 – 9:30 AM	MRC-GYM	\$21	\$17	\$5
	42258322	10/5 – 10/26	F	8:30 – 9:30 AM	MRC-GYM	\$21	\$17	\$5
	42258323	11/2 – 11/30	F	8:30 – 9:30 AM	MRC-GYM	\$21	\$17	\$5
NEW 3 months of classes	42258324	9/7 – 11/30	F	8:30 – 9:30 AM	MRC-GYM	\$63	\$51	\$15
Yoga Light	42258211	9/4 – 9/28	Tu/F	8:45 – 10:00 AM	MRC-BLRM	\$43	\$35	\$5
	42258212	10/2 – 10/30	Tu/F	8:45 – 10:00 AM	MRC-BLRM	\$49	\$40	\$5
	42258213	11/2 – 11/30	Tu/F	8:45 – 10:00 AM	MRC-BLRM	\$49	\$40	\$5
NEW 3 months of classes	42258214	9/4 & 11/30	Tu/F	8:45 – 10:00 AM	MRC-BLRM	\$141	\$115	\$15
NEW Wellness & Relief Yoga	42256711	9/10 & 9/24	M	6:45 – 7:45 PM	MRC-BLRM	\$16	\$13	
	42256712	10/8 & 10/22	M	6:45 – 7:45 PM	MRC-BLRM	\$16	\$13	
	42256713	11/12 & 11/26	M	6:45 – 7:45 PM	MRC-BLRM	\$16	\$13	
NEW Restorative Yoga	42258511	9/7 – 9/28	F	12:30 – 1:45 PM	MRC-PEAK	\$37	\$30	
	42258512	10/5 – 10/26	F	12:30 – 1:45 PM	MRC-PEAK	\$37	\$30	
	42258513	11/2 – 11/30	F	12:30 – 1:45 PM	MRC-PEAK	\$37	\$30	
Beginning Tai Chi for Better Balance No Class: 11/20 & 11/22								
Advanced Tai Chi for Better Balance No Class: 11/20 & 11/22								
Therapeutic Tai Chi No Class: 11/22	42255111	9/6 – 9/27	Th	10:00 – 11:00 AM	ERC-AA2	\$31	\$25	
	42255112	10/4 – 10/25	Th	10:00 – 11:00 AM	ERC-AA2	\$31	\$25	
	42255113	11/1 – 11/29	Th	10:00 – 11:00 AM	ERC-AA2	\$31	\$25	
	42255114	9/6 – 11/29	Th	10:00 – 11:00 AM	ERC-AA2	\$93	\$75	



PILATES

Program Administrator: Joyce Musgrove • jmusgrove@englewoodco.gov • 303-762-2663

Free Pilates Reformer Demo

Age: 16 yrs and older
Explore Pilates! Learn the history, how the Pilates reformer works, mat and reformer exercises and how to get started in our Pilates program. Please register in advance.



Essential Pilates Principles

Age: 16 yrs and older
Begin with two private sessions to learn the core principles and concepts of the Pilates method. Once you have completed the private sessions satisfactorily, you may move into Beginning Pilates Reformer class and receive a \$10 discount coupon. These two private sessions are a prerequisite for Beginning Pilates Reformer. Call 303-762-2678 to schedule your first private session.

Beginning Pilates Reformer

Age: 16 yrs and older
Pilates is a method of exercise and physical movement designed to stretch, strengthen and balance the body. Exercises are low impact and may be adapted for individuals of any fitness level. The exercises are performed on equipment or a mat. Beginning Pilates Reformer is designed for those who have taken at least two sessions of Essential Pilates Principles.

Continuing Pilates Reformer

Age: 16 yrs and older
Build upon your experience and learn more dynamic exercises. Enroll in Continuing Pilates Reformer upon completion of four months of Beginning Pilates Reformer.

Pilates Personal Training

This class is perfect for beginners needing one-on-one instruction, experienced exercisers ready for advanced moves, athletes looking to improve performance and individuals in post-rehab following an injury. Each session is 60 minutes. To schedule, call 303-762-2678. Your call will be returned within two business days. Request reformer or mat instruction. Yoga Personal Training also available.

Private: One-on-one		
Fee	1 Session	\$59
	3 Sessions	\$163
	6 Sessions	\$300
Res. Fee	1 Session	\$47
	3 Sessions	\$130
	6 Sessions	\$240

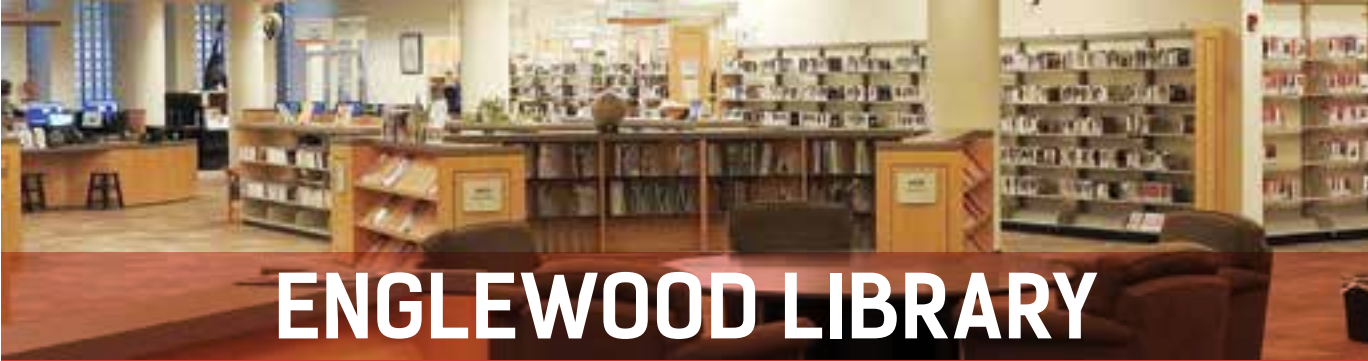
Small group sessions of 2-3 people are available. Please call Personal Training line for pricing.

Note: No-shows and cancellations not made with your personal trainer at least 24 hours in advance result in loss of the session.



PILATES CLASS LIST

Class	Activity #	Dates	Days	Times	Instructor	Location	Fee	Res Fee
Free Pilates Reformer Demo	42254211	9/10	M	7:15 – 8:15 PM	Michael D.	MRC-PEAK		FREE
	42254212	9/18	Tu	2:30 – 3:30 PM	Catherine G.	MRC-PEAK		FREE
	42254213	10/12	F	2:00 – 3:00 PM	Catherine G.	MRC-PEAK		FREE
	42254214	10/22	M	7:15 – 8:15 PM	Michael D.	MRC-PEAK		FREE
	42254215	11/13	Tu	2:30 – 3:30 PM	Catherine G.	MRC-PEAK		FREE
	42254216	11/26	M	7:15 – 8:15 PM	Michael D.	MRC-PEAK		FREE
STEP ONE Essential Pilates Principles	42254111					MRC-PEAK	\$86	\$69
STEP TWO Beginning Pilates Reformer	42254311	9/10 – 9/24	M	6:05 – 7:05 PM	Michael D.	MRC-PEAK	\$49	\$39
	42254312	10/1 – 10/29	M	6:05 – 7:05 PM	Michael D.	MRC-PEAK	\$80	\$64
	42254313	11/5 – 11/26	M	6:05 – 7:05 PM	Michael D.	MRC-PEAK	\$64	\$51
	42254321	9/4 – 9/25	Tu	12:10 – 1:10 PM	Catherine G.	MRC-PEAK	\$64	\$51
	42254322	10/2 – 10/30	Tu	12:10 – 1:10 PM	Catherine G.	MRC-PEAK	\$80	\$64
	42254323	11/6 – 11/27	Tu	12:10 – 1:10 PM	Catherine G.	MRC-PEAK	\$64	\$51
	42254331	9/7 – 9/28	F	9:45 – 10:45 AM	Catherine G.	MRC-PEAK	\$64	\$51
	42254332	10/5 – 10/26	F	9:45 – 10:45 AM	Catherine G.	MRC-PEAK	\$64	\$51
	42254333	11/2 – 11/30	F	9:45 – 10:45 AM	Catherine G.	MRC-PEAK	\$64	\$51
	42254341	9/4 – 9/25	Tu	1:20 – 2:20 PM	Catherine G.	MRC-PEAK	\$64	\$51
Beginning Senior Age: 50+	42254342	10/2 – 10/30	Tu	1:20 – 2:20 PM	Catherine G.	MRC-PEAK	\$80	\$64
	42254343	11/6 – 11/27	Tu	1:20 – 2:20 PM	Catherine G.	MRC-PEAK	\$64	\$51
	42254411	9/10 – 9/24	M	9:00 – 10:00 AM	Catherine G.	MRC-PEAK	\$49	\$39
STEP THREE Continuing Pilates Reformer	42254412	10/1 – 10/29	M	9:00 – 10:00 AM	Catherine G.	MRC-PEAK	\$80	\$64
	42254413	11/5 – 11/26	M	9:00 – 10:00 AM	Catherine G.	MRC-PEAK	\$64	\$51
	42254421	9/10 – 9/24	M	5:00 – 6:00 PM	Michael D.	MRC-PEAK	\$49	\$39
	42254422	10/1 – 10/29	M	5:00 – 6:00 PM	Michael D.	MRC-PEAK	\$80	\$64
	42254423	11/5 – 11/26	M	5:00 – 6:00 PM	Michael D.	MRC-PEAK	\$64	\$51
	42254431	9/5 – 9/26	W	5:30 – 6:30 PM	Michael D.	MRC-PEAK	\$64	\$51
	42254432	10/3 – 10/31	W	5:30 – 6:30 PM	Michael D.	MRC-PEAK	\$80	\$64
	42254433	11/7 – 11/28	W	5:30 – 6:30 PM	Michael D.	MRC-PEAK	\$64	\$51
	42254441	9/7 – 9/28	F	11:00 AM – NOON	Catherine G.	MRC-PEAK	\$64	\$51
	42254442	10/5 – 10/26	F	11:00 AM – NOON	Catherine G.	MRC-PEAK	\$64	\$51
	42254443	11/2 – 11/30	F	11:00 AM – NOON	Catherine G.	MRC-PEAK	\$64	\$51
	No Class: 11/23							
	42254411	9/10 – 9/24	M	9:00 – 10:00 AM	Catherine G.	MRC-PEAK	\$49	\$39
	42254412	10/1 – 10/29	M	9:00 – 10:00 AM	Catherine G.	MRC-PEAK	\$80	\$64
	42254413	11/5 – 11/26	M	9:00 – 10:00 AM	Catherine G.	MRC-PEAK	\$64	\$51



ENGLEWOOD LIBRARY

1000 Englewood Parkway • 303-762-2560 • www.engagewoodco.gov/library

CHILDREN’S PROGRAMMING

Join us for special programs tied to STEM, art, literacy and music.
No registration required. For program details, please call 303-762-6960.

For School Age Children:

Thursday After-School		
9/6	Th	4:00 PM
9/20	Th	4:00 PM
10/4	Th	4:00 PM
10/18	Th	4:00 PM
11/8	Th	4:00 PM

For Younger Children:

Toddler and Preschool Extra and Messy Art Programs		
9/12	Th	10:30 AM
9/24	M	10:30 AM
10/12	F	10:30 AM
10/23	Tu	10:30 AM
11/12	M	10:30 AM
11/29	Th	10:30 AM

For All Ages:

JamBOOree
Fourth Annual Library Halloween Party.
10/27 S 10:00 AM – NOON

Fall Break
Need to get the kids out of the house for fall break?
11/19 – 11/21 M – W 1:00 PM

Join us for regular Saturday activities.
No registration required.
The Storytime room opens every Saturday at 10:00 AM.
For Open Play (first, third and fifth Saturday) or Legos (second and fourth Saturday). For details, please call 303-762-6960.

Join us for Weekday Storytimes.
No registration required. For details, call 303-762-6960.

BABYSTEPS:	TEETERTOTS:	PRESCHOOL:
Wednesdays at 10:30 AM and 2:30 PM For children up to 18 months	Mondays and Tuesdays at 10:30 AM For children 18 months to age 3	Thursdays and Fridays at 10:30 AM For children ages 3–5

ADULT/TEEN PROGRAMMING

Artist’s Reception

Thursday, 9/6, 6:30 – 7:30 PM featuring local artist Tania Kaaz
Thursday, 11/1, 6:30 – 7:30 PM featuring local artist Peter Missing
The Englewood Public Library is excited to host a rotating art exhibit highlighting the work of local and regional artists. Come to the featured artist’s reception for a chance to talk to the artist and ask questions. All exhibits are free to the public and rotate every other month.
All ages welcome. Location: Reading Circle

Believe in Ghosts?

Thursday, 10/25, 7:00 – 8:30 PM
Colorado Paranormal Investigators are returning to EPL to check in on our more paranormal patrons. They’ll share all the new information from their investigations of the library and around the Civic Center.
For all ages. No registration required. Location: Anderson Room

Classical Guitarist: Chris Doughty

Saturday, 9/22, 3:00 PM
Seasoned classical guitarist, Chris Doughty, plays in many styles to entertain everyone who hears him. Please join us for music in the library.
For all ages. No registration required. Location: Reading Circle

Coding: The Basics I & II

Saturday, 10/20, 10:30 AM – NOON
Saturday, 10/27, 10:30 AM – NOON
Explore basic principles fundamental to every coding language through hands-on activities and games. No coding experience required.
Class I: Basic coding concepts and terminology
Class II: Logic and structure common to all coding languages
For adults and teens. No registration required. Location: Anderson Room

Connect for Health Colorado Assistance

Tuesdays and Thursdays, 11/1 – 1/10, NOON – 5:00 PM
DoctorsCare is hosting one-on-one appointments for those looking to enroll in health insurance for the first time, renew coverage, apply for financial assistance, or browse and compare plans.
For all ages. Registration required through 720-458-6185 or www.doctorscare.org/enroll. Location: Study Room 101

An Evening with National Book Award author Alice McDermott

Thursday, 9/6, 7:00 PM, Hampden Hall
See page 52 for registration and more information.

Genealogy: The Beginning

Saturday, 9/15, 10:30 AM – 12:30 PM
Saturday, 9/22, 10:30 AM – 12:30 PM
Want to find out what’s in your gene pool? Join genealogy expert Leah Klocek to get started learning about your ancestors.
For adults and teens. Registration required. Location: Anderson Room

Harplanders

Saturday, 9/20, 2:00 – 3:00 PM
Beautiful live performances by the local Colorado Celtic Harp Society.
All ages welcome. Location: Reading Circle

Malley Book Club

Third Thursday of the month at Malley Center Library, 10:30 AM
9/20 *The Underground Railroad* by Colson Whitehead
10/18 *Mister Owita’s Guide to Gardening* by Carol Wall
11/15 *The Golden Age* by Joan London
For adults. No registration required. Location: Malley Recreation Center

Life Hacks

Saturday, 9/29, 10:30 AM – NOON
Sometimes the simplest solutions are the best. Drop In to learn a few of those, “Wow, I never thought of that!” kind of fixes and hopefully make your life a little bit easier.
For all ages. No registration required. Location: Anderson

NaNoWriMo

What is NaNoWriMo?
National Novel Writing Month (NaNoWriMo) is a fun, seat-of-your-pants approach to creative writing. On November 1, participants begin working towards the goal of writing a 50,000-word novel by 11:59 PM on November 30. To learn more go to: nanowrimo.org

Monday, 10/29, 7:00 – 8:30 PM: Plot Planning Party
Party hard with the library before the real work begins! Come enjoy an event with your compatriots that does not involve writing frantically for as long as you can. There will be games, refreshments and giveaways.
Monday, 11/5 – 11/26, 6:30 – 8:30 PM: Come-Write-In
Every week In November, writers may drop in and write surrounded by other local writers and all of the library’s resources. Bring your preferred writing tools, whether it’s a pen and paper or laptop, and work on your novel. Beverages and snacks for fueling up will be provided.
Saturday, 12/1, 3:00 – 5:00 PM: And The Results Are In!
You’ve worked hard for 30 days, and now it’s time to kick up your heels. Come share your success. There will be a green screen where you can take a picture with your favorite author or character and refreshments.
For adults and teens. Location: Anderson Room

Conversations Over Coffee

Fourth Wednesday of the month, 10:30 AM – NOON
We have donuts and coffee! If you’re currently experiencing homelessness or you’re interested in discussing social issues affecting our community, please join us for a warm beverage and a donut. Let’s share stories and get to know each other. Open to everyone regardless of housing situation.
No registration required. Location: Altenbach Room

English Conversation Circle

Second Saturday of the month, 10:30 – 11:30 AM
Let’s face it—English can be weird. Please join us for fun conversation in a casual, inclusive atmosphere. For beginning and intermediate English-language learners. Learn about one-on-one English and citizenship tutoring.
For adults and teens. No registration required. Location: Altenbach Room

French Conversation Circle

First Wednesday of the month, 1:00 – 2:00 PM
Bonjour! Looking for a chance to brush up on your French? We’ll gather once a month to practice our French language skills in a supportive, immersive environment. All skill levels are welcome.
No registration required. All ages welcome. Location: Altenbach Room

Get Smart! FREE

First Wednesday of the month, 3:30 – 5:30 PM
The library is partnering with High Performance Tutoring so you can reap the benefits of free tutoring sessions. Available for middle-schooler through college aged students. Drop-in or RSVP (especially for specific college subjects) by calling 720-943-7304.
Location: Anderson Room

Sit-N-Knit

The final Wednesday of the month, 6:30 – 8:30 PM
Whether you’re an expert or don’t know how to cast on, this group could be just what you’re looking for! Join us for a relaxing evening to build your skills, share your knowledge, and make new friends.
For adults and teens. No registration required. Location: Perrin Room

Spanish Conversation Circle

Third Tuesday of the month, 7:00 – 8:00 PM
Struggling to learn Spanish on your own or just need a place to practice and improve your Spanish-speaking skills? Please join us for a casual approach to learning Spanish for everyone from beginners to fluent speakers!
For adults and teens. No registration required. Location: Altenbach Room

Thursday Sundown Book Club

Second Thursday of the month, 6:30 – 8:00 PM
New members are always welcome. Please ask library staff how to acquire a copy of this month’s title.
For adults. No registration required. Location: Perrin Room

Wednesday Book Club Buzz

Fourth Wednesday of the month, 12:30 – 2:00 PM
New members are always welcome. Please ask library staff how to acquire a copy of this month’s title.
For adults. No registration required. Location: Perrin Room

Writers Group

First and third Wednesdays of the month, 6:30 – 8:30 PM
Join our writers group. We meet twice a month for writing discussion and practice with prompts and exercises. All experience levels welcome.
For adults. No registration required. Location: Altenbach Room

SPECIAL EVENTS

“Back to School” at Malley

Wednesday, 9/5 • 1:30 – 3:30 PM • FREE

Malley Recreation Center

The children are back in school, so why not those 55+? Join us for this throw-back adventure and check out what the Malley Recreation Center has to offer. Starting off with an assembly, then off to a few classes, a trip to the cafeteria and then some physical education, you are bound to have a good time.

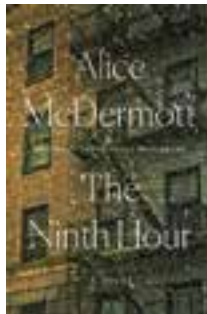
Sponsored in part by: Aetna & Allegiance Home Care

An Evening with Alice McDermott

Thursday, 9/6 • 7:00 PM

Hampden Hall, Englewood Civic Center

The Tattered Cover Book Store and the Englewood Public Library present an evening with Alice McDermott, featuring her National Book Award novel, *The Ninth Hour*. Event is free, but registration is required in order to attend and to get a spot in the signing line. Call 303-762-2560 for more information and to register.



Opening a Can of Worms

Monday, 9/17 • 1:30 PM • \$6 • TICKETS ONLINE

Starting almost anything in life requires a catalyst, whether it's a brilliant idea, a difficult phone call or opening a can of worms. Talking about how individuals want to age is no different. Join us for a heartfelt, humorous and candid discussion about choosing how we want to age and the many options that are out there. It's about choices and sharing those with the ones you love. Getting the conversation started is the hard part. Let this conversation be your can opener. No actual decisions have to be made during the course of the presentation—just the willingness to talk about it.

Sponsored in part by: Humana

Composting Workshop

Saturday, 9/29, 9:00 – 11:00 AM • FREE

Englewood Community Garden

Find out how to turn those banana peels and grass clippings into compost gold. This class is for all skill levels and taught by volunteer master composters from Denver Urban Gardens (DUG).

Register at englewoodrec.org, class #42189811

Englewood Depot Garden: 601 W. Dartmouth Ave.

Get more composting tips on page 17.

Sponsored by Keep Englewood Beautiful (KEB)

13th Annual Englewood Art Exhibit

On Display: 10/3 – 10/17

Monday – Thursday, 8:00 AM – 7:00 PM

Friday, 8:00 AM – 5:00 PM

Saturday, 9:00 AM – 1:00 PM

FREE Artist & Public Reception: Wednesday, 10/3, 6:00 – 8:00 PM

Malley Recreation Center, 3380 S. Lincoln St.

View this collection of local artists' works by attending the reception or just drop by during the viewing hours. This exhibit is free to the public and attendees can cast a vote for the People's Choice Award.

CALL FOR ARTISTS

Calling artists to participate in the Englewood Art Exhibit! This exhibit is not juried and is for amateur artists (artist by hobby, not by profession), 18 years and older from the Denver Metro area. Media can be two-dimensional or three-dimensional which includes oils, pastels, watercolors, mixed media, acrylic, photography, embroidery and sculptures, woodcarving, pottery/ceramic, metals and more. There will be a People's Choice winner. Pick up an entry form at the Englewood Recreation Center, Malley Recreation Center or the Englewood Library. The City of Englewood reserves the right to select the art for public display at the exhibit, however, this is not a juried art show. Artists may enter up to two pieces. Fee per entry is \$10.

Call 303-762-2660 for more information.

Sponsored in part by: Allen McGirl, McGirl Insurance and AFC Urgent Care

Oktoberfest Lunch

Wednesday, 10/10 • 11:30 AM • TICKETS ONLINE

Malley Recreation Center

Tickets are \$9 in advance, \$11 the day of the event.

Help kickoff the world's largest celebration—it's not just for Germans anymore! Celebrate this traditional 16-day autumn festival, Malley style! Enjoy a warm brat, latke potatoes, a brezel and delicious dessert. Then sit back and enjoy some German entertainment. You won't want to miss out on the fun afternoon!

Sponsored in part by: Harvard Square & Aetna

Raptors, Reptiles, Amphibians and Mammals

Wednesday, 10/17 • 2:00 – 3:00 PM • \$6

Colorado is a special place that has its own pride and identity. From the high forests of the Rocky Mountains to the open expanses of the Great Plains—it's our beautiful home that we share with amazing wildlife. In this program, learn what makes Colorado's habitats such a great place for some of our feathered, scaly and slimy neighbors. Also, meet animal ambassadors that are true Colorado Natives!

Marshal Duggan

Thursday, 10/18 • 10:30 AM • \$6 • TICKETS ONLINE

A tombstone tale about legendary lawman Mart Duggan. He presided in Leadville as marshal in the late 1880s, during a time when the city boasted a population of nearly 17,000 people and entertained miners, gunfighters and high rollers at its famed saloons and bordellos. But like most lawmen, his life came to a tragic end. Join us to learn more.

Sponsored in part by: Humana

Halloween Carnival

Saturday, 10/20 • 5:00 – 8:00 PM

Englewood Recreation Center

Creep, slither or crawl on over to the Halloween Carnival for a night of thrills and chills for all ages. This frightfully-fun night features a haunted house, carnival games, inflatables, a toddler zone and other ghostly fun activities. Concessions for snacking will be available. Game tickets available at the door or pre-buy tickets. Inquire about special pre-pricing starting 10/1.



Holiday Bazaar

Saturday, 11/3 • 9:00 AM – 4:00 PM

Malley Recreation Center

More than 100 artisans bring their wonderful handmade crafts and fine art this event. Get a head start on your holiday shopping and invite your friends and neighbors along as you enjoy this annual Englewood tradition. Concessions are available for lunch or snacking. This is a one-stop shopping event! For more information, please call 303-762-2660.

ARTISANS REGISTRATION:

Englewood Residents:

Tuesday, 9/11, 8:00 AM – 6:30 PM

Fee: \$35

Electricity: Additional \$5

All Other Artisans:

Thursday, 9/13, 8:00 AM – 6:30 PM

Fee: \$50

Electricity: Additional \$5

Registration will be taken until all spaces are filled. Registration can be done in person Monday – Thursday 8:00 AM – 6:30 PM, Friday 8:00 AM – 4:30 PM, Saturday 9:00 AM – 12:30 PM at the Malley front desk, 3380 S. Lincoln St. The fee includes an 8-foot table and two chairs. Vendors are responsible for their own items, the sale of the items and the taxes. Taxes are calculated and paid before leaving the day of the bazaar. Complete details and directions will be given at the time of registration. For more information, please call 303-762-2660.

Sponsored in part by: AFC Urgent Care & Aetna

Santa Calling

Monday, 12/17, 5:30 – 7:30 PM

The North Pole Operator connects your child with Santa this holiday season. Calling time is limited, so plan to have your children home during calling hours. To register your youngster, complete a Santa Calling form, available 11/12, and return it to any of the listed locations. You may also mail forms directly to the Englewood Recreation Center marked “Santa Calling” or fax them to 303-762-2688. Forms must be received by 12/12. Forms are available at Englewood Recreation Center, Malley Recreation Center, Englewood Library and at englewoodco.gov.



Bring the whole family and enjoy Belleview Park in its unique winter splendor.

Belleview Farm and Train
5001 S. Inca St.
December 7 & 8 and 15 & 16





EXCURSIONS

Program Administrator: Cheryl Adamson • cadamson@englewoodco.gov • 303-762-2660

SEPTEMBER TRIPS

A Star Party!

The evening will start with an informative, multimedia astronomy presentation by a Denver Astronomical Society lecturer. After the presentation we'll be treated to telescopic views of the moon, stars and star clusters, planets, galaxies, nebulae, etc., through Chamberlin's historic, 28 ft. long, 20 in. aperture Alvan Clark-Saegmuller refracting telescope (weather permitting). If cloudy, we will view and learn about the telescope, tour the observatory including its clocks, the meridian telescope, and other interesting things. Fee includes tour, escort and transportation.

9/6	Th	7:45 – 10:45 PM	\$17/\$14	42060111
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Batter Up!

Take me out to the ballgame! Root for the home team as the Rockies take on the Los Angeles Dodgers! Seats are located along the third base line. Food and drinks are available for you to purchase at the ballpark. Need a special needs seat? See Cheryl. Fee includes game ticket, escort, and transportation. Early cancellation date: Aug. 24.

9/9	Su	11:30 AM – 5:00 PM	\$32/\$26	42060211
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Jeppesen Terminal, Flight Path of Art Tour

Denver International Airport's art displays serve as the backdrop for the exploration of art. Exploring the vision of the art program, guests will see the acclaimed artwork and cultural programming as well as learn about the art's legacy on the Rocky Mountain Front Range region. The program includes an hour walking tour focused on the art of the airport. Lunch will be on your own at Ingredients in the Westin Hotel. Fee includes tour, escort and transportation.

9/12	W	9:00 AM – 2:00 PM	\$19/\$15	42060611
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Downtown Leadville Walking Tour

Leadville, a Victorian-era mining town with breathtaking views at 10,200 feet, was once home to 30,000 residents. During this walking tour you can see 19 buildings built between 1880 and 1905, including the largest opera house west of the Mississippi, the saloon visited by Oscar Wilde, two 1879 churches, the Tabor Home and museums. Museum fees (\$6 – \$12 each) and lunch at a restaurant of your choice are on your own. Fee includes escort and transportation.

9/14	F	8:00 AM – 5:00 PM	\$35/\$28	42060711
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Blackhawk & Central City

Blackhawk or Central City. Bus will drop you off and pick you up in the heart of it all. You may choose to visit your favorite casino, visit historic sites or just enjoy the mountain air. Activities are on your own. Fee includes escort and transportation.

9/17	M	9:00 AM – 3:00 PM	\$17/\$14	42060311
10/15	M	9:00 AM – 3:00 PM	\$17/\$14	42060411
11/12	M	9:00 AM – 3:00 PM	\$17/\$14	42060511

Frisco Historic Park & Museum

Get your hands on local history and experience the roots of the mountain west culture. Take a walking tour of this beautiful town's history by stepping inside historic buildings including ranch homes, a log chapel, a schoolhouse, a jail and restored mining cabins. Lunch is on your own at one of the many Main Street restaurants. Fee includes tour, escort and transportation.

9/18	Tu	8:15 AM – 3:15 PM	\$25/\$20	42060811
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Loveland Sculptures

You will "ooh and ahh" while visiting two parks on this tour. We will view the 82 one-of-a-kind Zimbabwe stone sculptures depicting the history of family at the Chapungu Sculpture Park. From there we will move to the extraordinary collection of 158 art pieces at the Benson Sculpture Garden, situated around a lagoon amidst trees, flowers, and natural habitats. Bring a sack lunch, as this is a perfect place to have a picnic. This excursion has a high amount of walking. Fee includes escort and transportation.

9/21	F	9:30 AM – 4:00 PM	\$24/\$19	42060911
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Cure Organic Farm – Boulder

Head to the farm! Come meet the animals and get a behind-the-scene look at how crops are grown. The fifteen-acre farm has over 100 different certified organic vegetables, herbs and flowers. Plus, beehives, pigs, and flocks of chickens and ducks. Lunch is on your own at the farm-to-table comfort food, Shine Restaurant and Potion Bar Restaurant. Fee includes tour, escort and transportation.

9/24	M	9:15 AM – 3:30 PM	\$30/\$24	42061011
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Travel with "Premier" Presentation

Need a vacation? Premier can help! Afrodite, from Premier World Discovery will be at Malley to share the adventures and thrills of trips offered all around the world. Come see what is being offered, get your questions answered and plan to take a trip of a lifetime. Please sign up at the Malley Front Desk.

9/26	W	1:30 – 2:30 PM	FREE	
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Longmont Cheese Importers and French Cafe

Founded in 1976 and housed in a historic building built in 1931, this European marketplace offers more than 500 natural, organic and imported cheeses, all stored in the largest walk-in refrigerator in Colorado (800 sq. feet). Shop their cured meats, oils, spices, olives, chocolate, the European housewares, linens, perfumes and soaps. Lunch at their French cafe "Bistrot des Artistes" of salads, quiche, sandwiches and soups. Lunch on your own (Range \$6 – \$15). Fee includes market history, escort and transportation.

9/27	Th	9:45 AM – 2:45 PM	\$19/\$15	42061111
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Elkfest – Estes Park

Can you bugle? At Elkfest you can watch the bugling competitions, listen to the elk seminars, join in on the elk-themed activities, listen to live country and bluegrass music, shop at the elk-inspired souvenir and artwork booths and listen to Native American storytelling. Plus, dine at the "Elk cuisine" food vendors or stop into the Wallowing Hole for delicious drinks. Fee includes escort and transportation.

9/29	Sa	8:30 AM – 4:00 PM	\$26/\$21	42061211
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OCTOBER TRIPS

Hot Sulphur Springs Resort & Spa

Soak it all in at the beautiful hot springs! This day will be relaxing beyond imagination. Over 200,000 gallons of natural hot mineral-rich water flows into their 21 mineral pools and baths every day, controlled at 95° to 112°F. Minerals in the water include sodium, sulfate, chloride, silica, potassium, calcium, fluoride, magnesium, arsenic and lithium, all of which are good for the body. There are no abrasive minerals, chemicals or harmful elements. Bring a sack lunch. A microwave is available. Fee includes hot springs, escort and transportation.

10/1	M	8:00 AM – 4:00 PM	\$57/\$46	42061311
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Fall Colors Over Guanella Pass

Somewhat hidden high above and behind the charming old mining town of Georgetown, as you round the switchback beyond the waterfall, is the view: As far as you can see on the rolling mountainsides and glistening lakes below, the hills are literally alive with the fiery and impossibly colorful aspens. Lunch on your own in Georgetown. Fee includes escort and transportation.

10/4	Th	9:30 AM – 5:00 PM	\$27/\$22	42061411
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Tesoro Cultural Center – Morrison

This journey to the replica of Bent's Old Fort will take you back in time. The adobe building built in 1962 in the foothills of Denver is known as the "Fort." This afternoon lecture will be a great hands-on experience to discover life in the 1830s. Afterwards we will travel further up Highway 285 and enjoy lunch, on your own, at JJ Madwell's, a local favorite. The fall colors should be beautiful! Fee includes tour, escort and transportation.

10/9	Tu	10:00 AM – 2:15 PM	\$31/\$25	42062011
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On the Rocks Bar & Grill

Colorado is full of magnificent landscapes, but this one takes the cake. Located at the Arrowhead Golf Club's beautiful clubhouse in Roxborough, the panoramic views with the fall colors will take your breath away. Dine on roasted Brussels sprouts, flatiron salad, a mouth-watering burger or fish and chips. Lunch on your own (\$9 – \$16). Fee includes escort and transportation.

10/11	Th	11:00 AM – 2:00 PM	\$13/\$10	42061511
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I Love You, You're Perfect, Now Change – BDT

A witty musical that tackles modern love in all its forms. The show traces the overall arc of relationships throughout the course of a life, from first date to marriage, children and the twilight years. Set in the modern world and told in a series of vignettes and songs, each number explores those secret thoughts anyone has had about dating, romance, marriage, lovers, spouses and in-laws, but was afraid to admit. Contains some adult language. Fee includes show, lunch, gratuity, tax, a non-alcoholic beverage, escort and transportation

10/14	Su	11:45 AM – 5:30 PM	\$85/\$69	42061611
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History Mystery Tour – Denver

All cemeteries have a bit of mystery that goes along with their history! Discover the unusual events that surround many of the permanent residents, such as Emily Griffith, or John & Mary Elitch. This tour though the Fairmount Cemetery is lead by the Fairmont Heritage Foundation. Afterwards, enjoy a yummy lunch at the full-of-personality Bull & Bush Brewery, a British Pub, on your own. Fee includes tour, escort and transportation.

10/16	Tu	12:45 AM – 4:30 PM	\$43/\$35	42061811
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Got Water?

This close to home and unique trip will be touring the South Platte Water Renewal Partners & Charles Allen Water Filtration Plant. You will discover and understand how water is treated after it has been used. From there, you will see first hand how water is treated to make it the clean, safe and high-quality water that comes right to your house. Lunch will be on your own at The Pint Room. This excursion has a high amount of walking. Wear closed-toed shoes. Fee includes tours, escort and transportation.

10/22	M	9:45 AM – 2:45 PM	\$15/\$12	42061711
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Glow at the Gardens

Luminaria-lined pathways wind through the Denver Botanic Gardens to reveal larger-than-life pumpkin displays. Take in the beauty of these fall pieces of art that are not graphic or of violent nature. Costumes are encouraged. Seasonal food and beverages will be available for purchase on your own. Fee includes gardens entrance, escort and transportation.

10/24	W	4:45 – 8:15 PM	\$38/\$31	42061911
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Colorado Cherry Company & Spirit Hounds Distillery

We are heading to a fourth-generation, family-owned business that is dedicated to local fruits and delicious products. Enjoy a lunch in Lyons of soups, potpies, quiche and pie! Then shop their cider, jellies, sauces, dips, toppings, pastries and more! The afternoon will be a distillery tour and tasting of the unique spirits. Lunch and shopping are on your own. Fee includes tour, escort and transportation. .

10/26	F	9:15 AM – 4:30 PM	\$25/\$20	42062111
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NOVEMBER TRIPS

Mystery of the CSU History Tour

This tour offers insight into the University’s history, myths and legends that have been passed down. The tour will circle the Oval, the heart of campus, highlighting the unique history of timeless, well-preserved sites, such as Danforth Chapel, TILT & Weber Hall. Each destination serves as a reminder of where we have been. Enjoy the scenic walk back in time. Enjoy lunch first at Austin’s American Grill serving delicious made-from-scratch, home-style dishes. Lunch is on your own, \$12 – \$16. Fee includes tour, escort and transportation.

11/1 Th 11:15 AM – 5:30 PM \$31/\$25 42062811

Clyfford Still Museum

Enjoy this unique experience and learn to understand the artist whose life has been shrouded in mystery and whose work had been hidden from view for more than 30 years. The museum, which opened in 2011, includes 3,125 of Still’s abstract expressionist pieces created between 1920 and 1980. The 28,500-sq. foot building was designed specifically to display Still’s work. We will dine at the Shells & Sauce Italian Bistro with an open kitchen near Congress Park. Lunch is on your own, \$12 – \$20. Fee includes tour, museum, escort and transportation.

11/6 Tu 10:45 AM – 3:00 PM \$31/\$25 42062211

Islamorada Fish Company

Owned and operated by Bass Pro Shops, this is one of the best spots in the city. Featuring several true-to-life oceanic scene depictions and murals, plus, a 13,000 gallon saltwater aquarium filled with different species of saltwater fish, indigenous to the Islamorada area. Menu items include fried alligator, venison stuffed mushrooms or smoked fish dip to start. Or dine on homemade clam chowder, tuna steak wasabi, spare ribs or their world-famous fish sandwich. After lunch it is off to holiday shop in the store to find that perfect gift. Lunch and shopping on your own. Fee includes escort and transportation.

11/8 Th 10:45 AM – 3:15 PM \$17/\$14 42062311



Shelby American Collection

Uturn BBQ & Shelby American Collection

First, we will grab some tasty, made-fresh-daily BBQ, a biscuit and a cold one at the Uturn BBQ in Lafayette. Then we are off to check out the world’s most famous racing collection of Shelby American cars. The one-of-a-kind, non-profit museum is a resource for enthusiasts, collectors and history buffs interested in the 1960s automotive renaissance with its incredible array of driver, visionary and racing’s timeless works of art. Fee includes museum, escort and transportation.

11/10 Sa 10:30 AM – 3:45 PM \$29/\$23 42062711



The Clyfford Still Museum

Travel Film & Cinzetti’s

Join us for this double feature at the Northglenn Arts. The Tom Sterling film “The Gift of the White Moose” chronicles the five years Tom spent photographing the white moose, her progeny and wild neighbors. “Florida’s Alien Wildlife” features an amazing number of alien or non-native plants and animals that can be found in the Sunshine State. Lunch will be at the delicious and colorful Italian buffet Cinzetti’s. Lunch on your own, \$9 plus tax, gratuity and beverage. Fee includes films, escort and transportation.

11/14 W 8:45 AM – 2:30 PM \$29/\$23 42062411

A Christmas Carol, the Musical – Town Hall

A spectacular adaptation of Charles Dickens’ most well-known story. Ebenezer Scrooge believes that personal wealth is far more valuable than the happiness and comfort of others. An infuriated Scrooge is forced to face his selfish ways when three ghosts visit to lead him through his past, present and future. Lunch on Main Street at scrumptious Smokin Fins restaurant, on your own. Fee includes musical, escort and transportation. Early cancellation: 11/5.

11/18 Su 11:45 AM – 5:00 PM \$59/\$48 42062511

Fun in Castle Rock

Plan to explore The Barn Antiques & Specialties, the oldest and most unique store! With a friendly staff and so much to look at, you will find one-of-kind items and want to go back for more! After shopping, delight in dining at the new Italian kitchen Scileppi’s at the Old Stone Church (\$11 – \$19). Shopping and lunch on your own. Fee includes escort and transportation.

11/27 Tu 9:30 AM – 2:15 PM \$19/\$15 42062611



Castle Rock

EXTENDED TRAVEL

For information on these and other exciting getaways, pick up flyers at Malley Recreation Center.

PREMIER WORLD IN 2019

January

Colombia

April/May

Amsterdam and Waterways
of Holland River Cruise

June

Canadian Rockies and
Glacier National Park

August

Waterways and National Parks
of the Pacific Northwest

October

Scotland and Northern Ireland

December

San Antonio Holiday



PERFECT TIME TOURS IN 2018

September

Alfred Packer Fall Colors

October

Quilt Museum/ Wine & Cheese

November

Idaho Springs Tree Lighting & Fireworks

December

Denver Christmas Lights Tour

CELESTIAL TRAVEL & TOURS
IN FALL 2018

October

Indiana Covered Bridges & Amish Country

November

Arizona Starry Nights & Natural Wonders

December

Tucson Holiday Lights

COMMUNITY VOLUNTEER SPOTLIGHT

Our volunteers make Englewood a great place to live!



Helen
Rief

Helen chooses to volunteer her time at a variety of organizations throughout the community. She especially enjoys:

- Delivering books to homebound residents
- Serving as a church volunteer
- Helping in the Malley Center library
- Volunteering at various City events
- Serving as a Malley Advisory Committee member



KSue
Anderson

KSue is a gold-star volunteer with the Englewood Police Department. She is dedicated to giving back as a:

- Police administrative assistant (5 hours each week)
- Englewood Day of Service volunteer
- Citizens Academy Graduate
- 4th of July volunteer
- And more!



The City of Englewood
1000 Englewood Parkway
Englewood, Colorado 80110
303-762-2300
www.engagewoodco.gov

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